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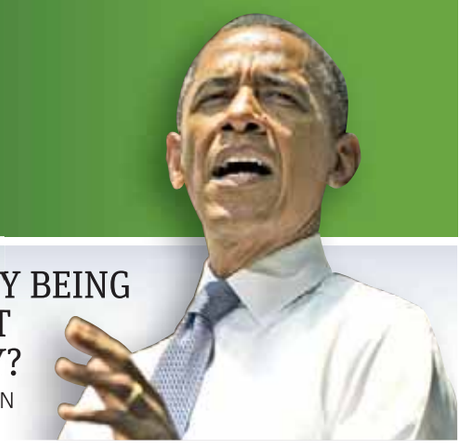

Crackpipes lower drug use?

Crack use in Greater Vancouver has actually decreased since the distribution of free supplies PAGE 4

..... Noah?

Corralling wild cats and runaway hippos are among the challenges faced by workers at the flooded Calgary Zoo PAGE 6

Don't just stand there, busk a move

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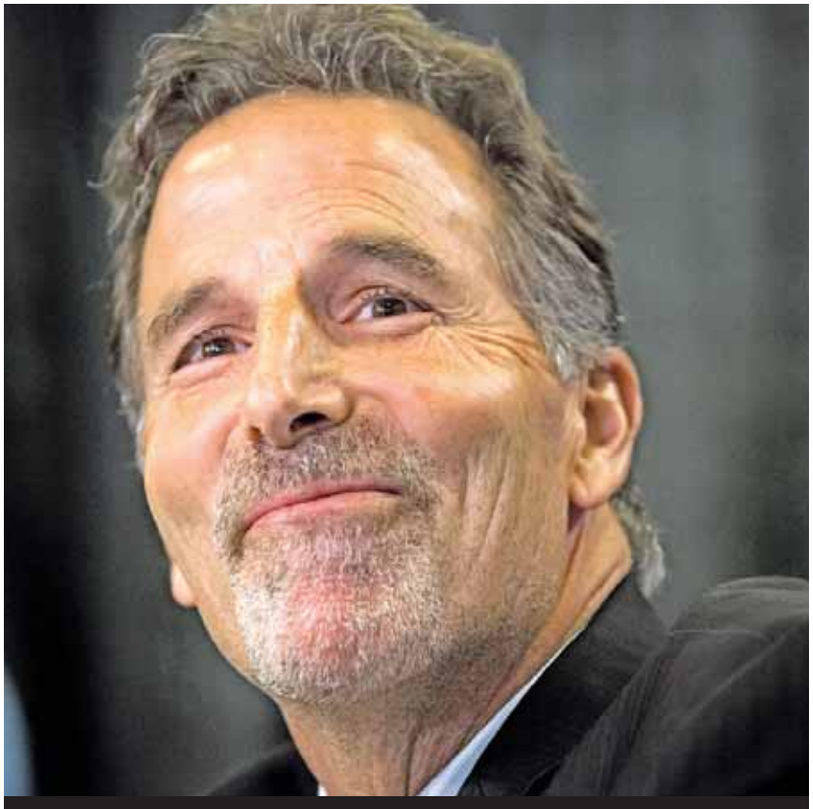

READY WHEN YOU ARE

Vancouver Canucks' new head coach John Tortorella smiles during a news conference after he was introduced by the team on Tuesday. Tortorella, the 17th coach in Canucks history, vowed to give the team more "bite." See story, page 35. DARRYL DYCK/THE CANADIAN PRESS

Lower Mainland must be aware of flood risk

Fraser River. Expert suggests future developments build with flooding in mind

Metro Vancouver won't see the flooding of its urban core like Calgary has, but that's no reason to let our guard down, warns one expert.

Simon Fraser University geology professor Brent Ward says development along floodplains throughout the region means municipalities can't turn a blind eye to the risk of floods along the Fraser River.

"I live in Coquitlam, which has seen huge development on the floodplain," Ward said. "Certainly we have a lot of developed areas that are low along the river. Dikes are not enough — eventually they will fail."

Ward says communities must get hands-on and serious about flood management.

He suggests future developments on floodplains take the risks into account, building one-way valves into the sewer system, putting homes up on berms if necessary and building up the height of the land.

Some communities have done a better job of that than others.

Richmond, which sits entirely on a floodplain, invests more than $10 million a year in its flooding infrastructure and has proactive bylaws for new developments. Its 49 kilometres of dikes are being built up to worst-case scenario sea-level projections 150 years into the future.

"Flood protection is a day-to-day business for us," said the city's director of engineering, John Irving. "Richmond has seen a lot of development; we have a lot to protect."

The region is concerned after seeing downtown streets in Calgary under water, but Irving and Ward both contend the sudden surge along the Bow and High rivers isn't possible along the Fraser because of different geography.

Floods along the Fraser would be more predictable and made up of gentler, but more sustained flows, Ward said.

The B.C. River Forecast Centre confirmed the observed rate of rise for the Bow River in Calgary is "about seven times faster than the fast rate of rise" for the Fraser River at Mission.

The Bow River rose two metres in a 13-hour period, while the high end — during high snowmelt periods — along the Fraser at Mission is a rise of 0.5 metres per day.

The Fraser peaked on May 17 this year (about two to three weeks earlier than usual), at 9.07 metres in Hope and 5.61 metres in Mission. Dikes are generally between nine and 11 metres tall. MATT KIELTYKA/METRO

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Vancouver's viaducts: Where will the cars go if they're torn down?

Turning point for project? Council to vote Wednesday on whether to go ahead with two more years of planning

EMILY JACKSON
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One question keeps cropping up for Vancouver planners contemplating the demise of the viaducts: Where will the cars go instead when travelling to and from the downtown core?

"The short answer is they essentially stay where they are today," city transportation director Jerry Dobrovolny told city council on Tuesday, as councillors asked staff questions before voting Wednesday whether to proceed with two years and $2.4 million of detailed planning to tear down the Dunsmuir and Georgia viaducts.

A new road with a ramp to Georgia Street will be built in the same area where the viaducts stand, Dobrovolny said. Construction and the tear-down would overlap so the entire route would be shuttered to vehicles for only a few months, he added.

About 35,000 vehicles use the route daily compared with 30,000 that use Powell Street, which closed Monday for an entire year for upgrades.

And the city doesn't think most neighbouring streets will be clogged with traffic should council eventually vote to tear 'em down.

Since a large portion of trips on the viaducts originates from Burnaby and Coquitlam, according to a city traffic study using licence plates, Dobrovolny expects some people will shift to transit and use the Evergreen Line.

While some traffic could divert to Malkin or National, the city estimates traffic will go down on Prior and Quebec — streets where neighbours have vocally opposed changes that could boost car volume. The tricky part will be figuring out how to manoeuvre large trucks on the smaller roads.

Of course, the plans all depend on "complex" negotiations with the surrounding landowners including Concord Pacific, Aquilini Development, PavCo and the province, top city planner Brian Jackson said at council.

"We will not be held to ransom by any developer or by any agency. We want to make this work," Jackson said.

The city is figuring out what traffic patterns would look like if it tore the Dunsmuir and Georgia viaducts down.
EMILY JACKSON/METRO

Two more years of planning are crucial so communities can have input into what could be a "city building opportunity that goes far beyond any local area plan."

"This is a turning point," Jackson said, noting that Toronto has tried to tear down its Gardiner Expressway for decades but hasn't gotten anywhere.

After 16 years, First Nations move ahead with memorial pole for Robert Pickton's victims

Supporters of women murdered by Robert Pickton are moving forward with a plan to install a traditional memorial pole in Crab Park, near Ground Zero of many of the women's disappearances on the Downtown Eastside.

The monument was first proposed in 1997, but was held back by proponents because of ongoing issues with the court process and the repatriations of the victims' bodies to their families.

The Park Board voted unanimously on Monday to begin the public consultation process after the Klahoose First Nation applied to donate a red cedar tree, which will be cut down on their lands and carved over the better part of a year.

Kelly White of the Snuneymuxw First Nation, one of the co-founders of the annual Women's Memorial March, said she hopes the monument provides a place of healing for the 33 families who are still mourning.

"We're doing this out of the utmost respect, and unconditional love, of the families' loss," she said. "It's the most horrific (case of violence) in the international community of women, and so we need to address that as a community."

There are already a few contemporary memorials for murdered and missing women in Vancouver, but longtime activist Ernie Crey, whose sister's remains were found on Pickton's farm, said this will be the first one done according to West Coast aboriginal tradition.

"These groups that get these commemorative or these memorial projects underway, I'm always struck by how deeply they've been affected and moved to the point that they've decided they would like to do something for the families of the missing women, to give expression to their innermost feelings about what's happened in the Downtown Eastside," he said.

"It always lifts my spirits and I'm always deeply appreciative of it."

The memorial pole is expected to be unveiled next June. KATE WEBB/METRO

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Union talks. B.C. presses forward with long-term teachers contract

British Columbia's Liberal government and its unionized teachers are planning to spend the summer and probably longer teaching each other to count to 10.

It became obvious Tuesday the government and teachers have each come up with different answers when it comes to the Liberal government's plan to reach a 10-year labour contract with the 40,000-member BC Teachers' Federation.

The teachers say they're willing to consider a longer-term deal, but starting off negotiations at 10 years would be "foolish."

But Education Minister Peter Fassbender has noted the Liberals campaigned on a platform that included a 10-year deal.

Fassbender announced Tuesday the suspension of talks between B.C.'s public school teachers and the negotiating arm of government in a bid to overhaul the often contentious bargaining process between the two sides.

Fassbender said his most recent moves are geared to achieve the Liberal government's election promise to sign a contract with teachers that ensures labour peace for a decade

"I have not laid any absolutes on the table," Fassbender said. "I have simply said that the government ran on a platform, we were elected on a platform, and I really believe that that goal is something that we want to sit down directly with the B.C. Teachers' Federation and talk about what that could look like." THE CANADIAN PRESS

Dr. Desperado. Alleged 'Surgical mask bandit' arrested after 12 robberies

Police say they lifted the disguise on the so-called "surgical mask bandit" allegedly responsible for 12 armed robberies in White Rock and Surrey over 35 days.

White Rock resident Travis Jensen-Pickford, 23, was arrested for allegedly covering his face with a surgical mask or bandana and stealing from people withdrawing cash from ATMs, according to Surrey RCMP.

All the robberies, spanning from May 12 to June 15, were conducted with an imitation firearm and occurred after-hours in bank vestibules. None of the victims were injured.

"Due to the frequency of these incidents I know that many residents in our community are pleased to see this individual locked up and off our streets," Surrey RCMP Cpl. Bert Paquet said in a statement.

As a result of the incidents, police are warning the public to be aware of their surroundings when withdrawing cash, protect their pin numbers and refrain from taking out large sums of money.

Jensen-Pickford has been charged with 12 counts of robbery with a weapon, 12 counts of using an imitation firearm in commission of an offence and 12 counts of disguise with intent. EMILY JACKSON/METRO

Wedding destination

Minter Gardens to shut its doors

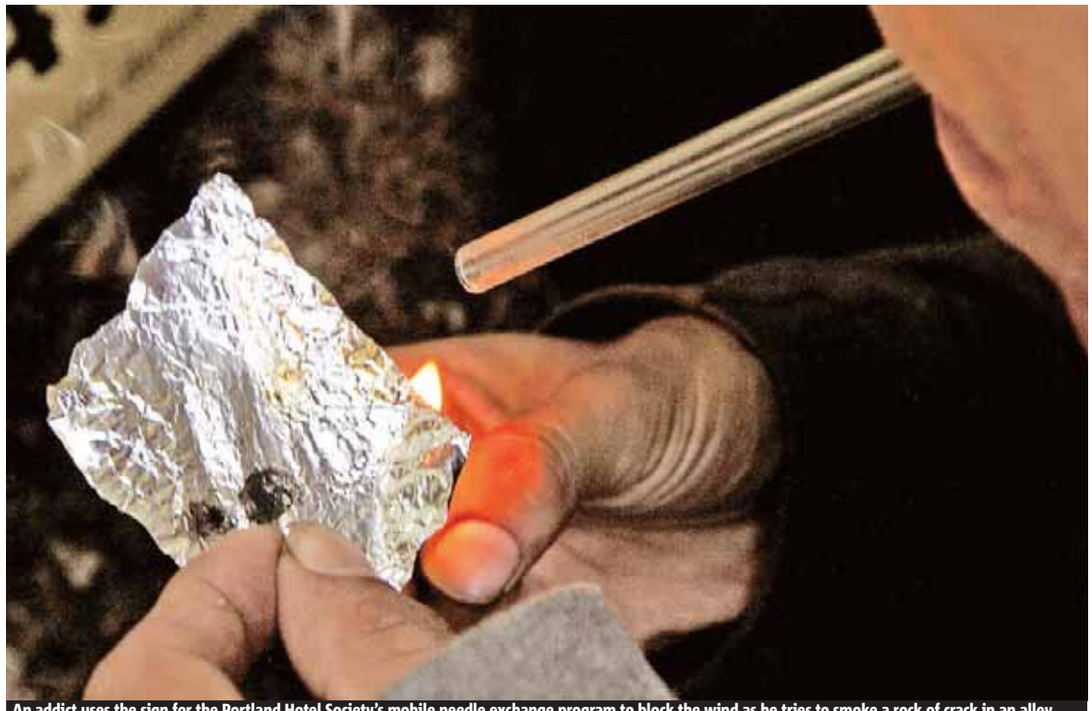
Withering tourism numbers and climate change are at the root of a decision to shut the doors of a popular show garden and wedding destination in Chilliwack.

Minter Gardens, which has been in operation for the past 33 years, will close its gates for the last time in mid-October, co-owners Brian and Faye Minter said in a release. JEFF HODSON/METRO

RCMP seeking help

Langley home ransacked

RCMP are asking for the public's help in finding who was responsible for ransacking a Langley home, stealing all the valuables and cutting down power lines to strip the copper wire. Cpl. Holly Marks says about 30 metres of cable and ground service wire and all the visible copper pipes were robbed from inside and under the building. THE CANADIAN PRESS



An addict uses the sign for the Portland Hotel Society's mobile needle exchange program to block the wind as he tries to smoke a rock of crack in an alley in Abbotsford in July 2012. JONATHAN HAYWARD/THE CANADIAN PRESS

Crack use has dropped since pipe distribution

15-year study. Vancouver Coastal Health gave away more than 100K crackpipes in 5-month period in 2011

KATE WEBB
kate.webb@metronews.ca

Crack use in Greater Vancouver has declined since health authorities began distributing free crackpipes and mouthpieces to drug users, contrary to concerns that the harm reduction measure would encourage the deadly habit.

A 15-year study released this week by the B.C. Centre for Excellence in HIV/AIDS showed that while 40.7 per cent of hard-drug users reported smoking crack cocaine daily in 2007, by 2011 that number had dropped to 26.9 per cent.

"This decline in crack-cocaine smoking actually occurred during a period when the number of crackpipes that were distributed in this community dramatically increased," said report co-author Dr. Thomas Kerr.

"This, again, is further evidence that when we respond with harm-reduction programs — when we provide people who use drugs with supplies they need to use as safely as possible — we're not actually encouraging use."

In 2008, community organizations began distributing free crackpipes, while health authorities throughout B.C. began distributing free crackpipe mouthpieces: pieces of sterile surgical tubing that can be attached to the end of a crackpipe.

The Ministry of Health's aim was to try to prevent the spread of diseases such as hepatitis C, HIV, tuberculosis, pneumonia and syphilis, which can be passed between people sharing glass pipes via sores and burns on their lips.

In 2011, Vancouver Coastal Health also started giving away free crackpipes, distributing more than 100,000 in one five-month period alone.

Crack cocaine is still the most popular drug among respondents who participated in the Greater Vancouver study, all of whom reported having used hard drugs at least once in the past six months.

Pleasant surprise

"This decline ... occurred during a period when the number of crackpipes that were distributed ... dramatically increased." Dr. Thomas Kerr, the report's co-author

Countries hope to learn from Insite

Delegates from Colombia and Brazil hope to replicate Vancouver's approach to harm reduction around illegal drug use even as the Canadian government aims to impose stricter rules for opening supervised injection sites.

Representatives of a non-profit organization in Rio De Janeiro and a government official from Colombia who visited Insite, Vancouver's safe injection site, say they're looking for a way to lower the impact of drug use in their countries.

Ines Mejia, an advisor to Colombia's health ministry, says her country is witnessing a rise in heroin consumption, and she hopes to sell the Vancouver model of needle-exchange programs to her government when she gets home.

The visit comes in the wake of new federal legislation tabled earlier this month that would require a list of conditions to be met before new Canadian facilities can be allowed to open.

A Supreme Court of Canada decision in 2011 allowed the Vancouver clinic to stay open despite the Conservative government's repeated objections.

Earlier this week, a report by the B.C. Centre for Excellence in HIV/AIDS said that Vancouver's approach to illicit drug use is effective because the number of people reported sharing needles dropped dramatically between 1996 and 2011.

THE CANADIAN PRESS

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Mauritania. Amnesty believes Canadian has been tortured in prison

Amnesty International says it supports the claims of a Canadian who alleges he has been tortured while behind bars in the North African country of Mauritania.

Alex Neve, head of Amnesty's Canadian branch, said he believes 24-year-old Aaron Yoon, who has been in prison since 2011 on terror charges.

Neve said that Yoon also told Canadian government officials who visited him that he had been tortured, so he wants to hear what they are doing about his case. Yoon denies all the charges against him.

"I would say that his torture allegations were vivid and detailed," Neve told The Canadian Press on Tuesday.

"They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania."

Yoon is accused by prosecutors of having links to the terrorists who attacked an Algerian gas plant in January.

Confession

"He was prepared to sign anything. And he did."

Alex Neve, head of Amnesty International's Canadian branch

The terrorists included two Canadians from London, Ont., who were found dead at the plant. Yoon and the two men went to the same high school.

He told Neve that he signed a bogus confession after a second round of torture.

"The first time was just a free-for-all of beatings," said Neve, describing how Yoon said he was beaten for about an hour before passing out.

On the second occasion, Yoon's hands and feet were handcuffed behind his back and tied to each other and then tightened, said Neve. Defenceless and lying stomach down in a bow shape, Yoon was beaten for about 20 minutes, he said.

"That's what broke him," said Neve. THE CANADIAN PRESS

Stay Mayor! Compete for a 'high' score in mobile game based on Rob Ford

A mobile game for Android devices is lampooning the controversy surrounding an alleged video appearing to show Toronto Mayor Rob Ford smoking crack cocaine.

In Stay Mayor! by Toronto-based developer Extra! Extra! Games, the player controls a cartoon mayor being pursued by a pack of "bloodthirsty" reporters and cameramen.

The player's mission is to collect $201,255 to buy the alleged video before the U.S. website Gawker can.

Players must dodge crack pipes littered on the ground while being chased by the media and will lose a life if they're stopped for a scrum.

But they also have access to footballs to hurl at the pesky reporters.

Stay Mayor! is a free download via the Google Play marketplace.

THE CANADIAN PRESS

Those who stayed for flood fuel frustration

High River, Alta.
Authorities, citizens blame each other for causing more harm

Kelly Dennis is unapologetic about disobeying a mandatory evacuation order and remaining in her High River, Alta., home while most residents were forced out to high ground as flood waters raged in.

"We saved it," she said Tuesday. "We had a generator pumping."

The lockdown of High River, the hardest-hit community in last week's flooding, has been a major source of tension.

The vast majority of the town's 13,000 residents left when asked last week and now want back in. About 300 stayed, and police have so far opted not to force them out.

On Tuesday, the town's mayor beseeched residents to have some understanding for the monumental recovery task.

"We do not have sanitary sewer. We have no water for those folks. We have no utilities for those folks," an animated Emile Blokland said at an afternoon update.

"When they get here, we have no gas for their cars. We don't have a grocery store open. We don't have the medical centre. We don't have protective services for them."

The people who stayed were making matters worse, said Dave Galea of the Alberta Emergency Management Agency. Police said eight people who stayed behind have had to be rescued so far.

THE CANADIAN PRESS

Six-year-old hippo Lobi explores the African Savannah building on Sunday at the Calgary Zoo. CONTRIBUTED/CALGARY ZOO

Zookeepers go on safari

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face.

One of the more spectacular tales is that of the hippos.

According to Jake Veasey, Director of Animal Care Conservation and Research, there was a real danger of the hippos escaping, possibly even into the Bow River.

Once the water levels in the hippo enclosure flooded over, the animals swam out into the public area of the African Savannah building.

Veasey, along with other zoo staff members, risked their lives on a number of occasions to ensure the safety of the animals and the public.

At one point, they managed to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the animals got stuck in a holding area, they were forced to create a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, as they had to don rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," said Veasey.

"There is so much debris that if a hippo submerges, you can't see them."

While the zoo already announced the loss of some peacocks and fish, there's still a danger that more animals may not make it through the coming days.

CANDICE WARD/FOR METRO IN CALGARY

Nunavut

Tourists stranded on huge ice floe

A group of tourists on an ice floe off Baffin Island in Nunavut were expected to be stranded there until early Wednesday.

They were set adrift when a 50-km-long slab broke away from the shore.

RCMP spokeswoman Cpl. Yvonne Niego said a group of hunters who were also trapped managed to cross over onto land after the chunk of ice split and their end floated close to shore. THE CANADIAN PRESS

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: He's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will only hold the job until a November election.

THE CANADIAN PRESS

Woman held in Que. corruption scandal the first denied bail

Pamela Porter hides from the cameras on June 14.
RYAN REMIORZ/THE CANADIAN PRESS

Of the 106 people arrested by Quebec's anti-corruption unit, she is the first to have been denied bail.

Pamela Porter, the wife of Canada's former spy watchdog Arthur Porter, had her request for freedom refused during a hearing Tuesday.

She faces one charge of conspiracy as well as another related to laundering more than $22 million stemming from the construction of Montreal's English-language superhospital.

She is accused of helping her husband, the former head of the Security Intelligence Review Committee and of the McGill University Health Centre, launder the money.

The bail process was covered by a publication ban, so details cannot be reported. However, in the end, Judge Robert Marchi agreed with the Crown's contention that Pamela Porter presented a flight risk.

The Porters were arrested separately last month in Panama on an Interpol warrant. She agreed to return to Canada to face charges.

Meanwhile, Arthur Porter remains in a Panamanian prison and is fighting his extradition to Canada on the grounds his arrest was illegal because he has diplomatic immunity. THE CANADIAN PRESS

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Obama: Keystone must be in his 'nation's interest'

U.S. President Barack Obama removes his jacket before speaking about climate change Tuesday at Georgetown University in Washington. Obama is resorting to his executive powers to tackle climate change and sidestep the partisan gridlock in Congress. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Debate heats up. U.S. president says pipeline should only be approved if it doesn't significantly increase emissions

American authorities should only approve TransCanada's Keystone XL pipeline if they're certain it won't "significantly exacerbate" greenhouse-gas emissions, U.S. President Barack Obama said Tuesday as he unveiled a national plan to combat climate change.

In a highly anticipated speech on his climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

The president's comments came as he provided details of new climate-change regulations that will cut carbon emissions at power plants and require federal projects to better prepare for extreme weather.

He'll use his executive authority to implement most of the proposals, bypassing congressional lawmakers reluctant to move on climate change. THE ASSOCIATED PRESS

Quoted

"This pipeline has been the most studied pipeline in the history of the world."

Joe Oliver, Canada's natural resources minister, citing a report saying that the U.S. already has evidence the Keystone pipeline won't have an impact on emissions levels.

U.S. Snowden's flights set back efforts to strengthen ties with Russia, China

The White House pressed Russia Tuesday to extradite NSA leaker Edward Snowden to face espionage charges, despite Moscow's blunt rejection in a diplomatic faceoff threatening recent attempts by the two countries' presidents to strengthen their ties.

Snowden's evasion of U.S. authorities already has set back U.S. President Barack Obama's attempts to cultivate relations with China.

Relations with both countries have been at the forefront of Obama's foreign-policy agenda this month.

'Fugitive from justice'

During a stop in Saudi Arabia, Secretary of State John Kerry said that while it's true the U.S. does not have an extradition treaty with Russia, "We would hope that Russia would not side with someone who is a fugitive from justice."

Russian President Vladimir Putin KIMMO MANTYLA/GETTY IMAGES

Obama met just last week with Russian President Vladimir Putin and held a two-day summit with Chinese President Xi Jinping in California this month.

Putin said that because there is no extradition agreement with the U.S., it couldn't meet the request. "Mr. Snowden is a free man, and the sooner he chooses his final destination the better it is for us and for him," Putin said. THE ASSOCIATED PRESS

Never too old. Winnipeg retirement home throws prom for seniors who might have missed out the first time

As high-school seniors get ready for their upcoming graduation and prom night, a group of Winnipeg seniors of a different generation got to relive the experience Tuesday night.

"We've got a dance floor, we've put up a disco ball, we've decorated, there's a band and we'll crown a king and a queen," explained Jackie Fritz, marketing director at River Ridge Retirement Residence, one of four All Seniors Care Living Centres in Winnipeg hosting proms this week.

"It's especially for the seniors that weren't able to go to their own prom because they were serving our country during the war."

While Myer Silverstein served in the Royal Canadian Air Force during the Second World War, he said he missed his original prom for an altogether different reason.

"It was the Depression years, and we just couldn't afford it," explained the 87-year-old, whose two granddaughters joined him as his dates for his first prom.

From left, Maurice Duncan, 87, his wife Norma, 86, and their friend Myer Silverstein, 87, were among about 100 seniors who took part in River Ridge Retirement Residence's Prom Night in Winnipeg. SHANE GIBSON/METRO IN WINNIPEG

"Of course they're excited to come be with their grandpa — I'm an exciting guy."

Maurice Duncan, 87, and his wife of 63 years, Norma, 86, were looking forward to the night because they hadn't yet met when they each graduated in the mid '40s.

"We're very blessed to be able to still be together," said Norma, who laughed when asked if she'd be spiking the punch at the prom.

"No, we're not party people, no."

About 100 people took part in River Ridge's prom, and leading up to the party, staff members brought in their old prom dresses and corsages to make sure everyone looked their best.

"The ladies are talking about what they're going to wear and what shoes and jewelry they're going to wear," Fritz said earlier.

"It's just like it would be if they were in high school." SHANE GIBSON/METRO IN WINNIPEG

Environment

Schwarzenegger's NGO opens office in Algeria

Arnold Schwarzenegger is opening an office of his environmental initiative R20 in Algeria in a bid to help reduce greenhouse emissions there and throughout the Mediterranean.

The former California governor and movie star said that "in real life, it's equally important that I play the Terminator and end environmental problems." THE ASSOCIATED PRESS

Whaling

Australia takes Japan to UN's highest court

The battle over Japan's controversial whaling program is moving from the high seas to the United Nations' highest court.

Australia opens its case Wednesday at the International Court of Justice, arguing that Japan's annual hunt around Antarctica is an illegal commercial activity outlawed since 1986. THE ASSOCIATED PRESS

Arab Idol. Thousands turn out to greet Palestinian talent-contest champion

Huge crowds gave a chaotic welcome Tuesday to the first Palestinian winner of the Arab Idol talent contest, thronging the territory's border crossing with Egypt and the home of the singer in a Gaza refugee camp.

Mohammed Assaf's victory transformed him into a symbol of Palestinian unity, but political divisions quickly surfaced as he returned to Gaza, ruled by the Islamic militant group Hamas.

"My message is national unity and ending the split," Assaf told a news conference, referring to the rivalry between Hamas and Western-backed Palestinian President Mahmoud Abbas in the West Bank.

"I hope I have united the homeland through my songs," Assaf said at the border crossing between Egypt and Gaza.

Thousands of people waited for hours to catch a glimpse of Assaf. They pushed and shoved to get closer when a convoy of cars — one of them carrying the singer — drove from the Egyptian side into Gaza. Thousands more surrounded Assaf's home in the Khan Younis refugee camp, where young men danced in the streets as loudspeakers blasted his music. THE ASSOCIATED PRESS

The winner of Arab Idol, Palestinian Mohammed Assaf, centre, arrives Tuesday at the Rafah crossing point on the border between Egypt and the southern Gaza Strip. KHALED OMAR/THE ASSOCIATED PRESS

Sponsorship. Adidas strikes deal to supply Olympic team

Canadian winter Olympian Meaghan Mikkelson speaks at an event announcing the sponsorship of the team by Adidas in Toronto on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outwear layers for outdoor training and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speedskater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

THE CANADIAN PRESS

Beer

Molson revives I AM Canadian promotion

After a decade-long absence, Molson is reviving its I AM Canadian tagline. The popular campaign is best recalled for The Rant, an award-winning 2000 commercial which featured an everyman character crowing proudly about an identity that didn't involve living in an igloo, eating blubber or owning a dogsled. TORSTAR NEWS SERVICE

Market Minute

DOLLAR 95.16¢ (-0.21¢)

TSX 12,005.42 (+168.56)

OIL $95.32 US (+14¢)

GOLD $1,275.10 US (-$2)

Natural gas: $3.66 US (-8¢)
Dow Jones: 14,760.31 (+100.75)

Retail

Indigo plans stores outside Canada

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products. CEO Heather Reisman said the firm plans to launch brick-and-mortar stores outside the country in about two years, though she declined to say in which markets.

THE CANADIAN PRESS

Television

Diddy to launch Revolt TV network

This fall, rapper-producer Sean (Diddy) Combs will launch Revolt TV, a network he feels is needed because there are no longer enough outlets for musicians on TV. "There should be a brand for music, and now we have that brand that's going to focus on music and not reality shows," he said.

THE ASSOCIATED PRESS

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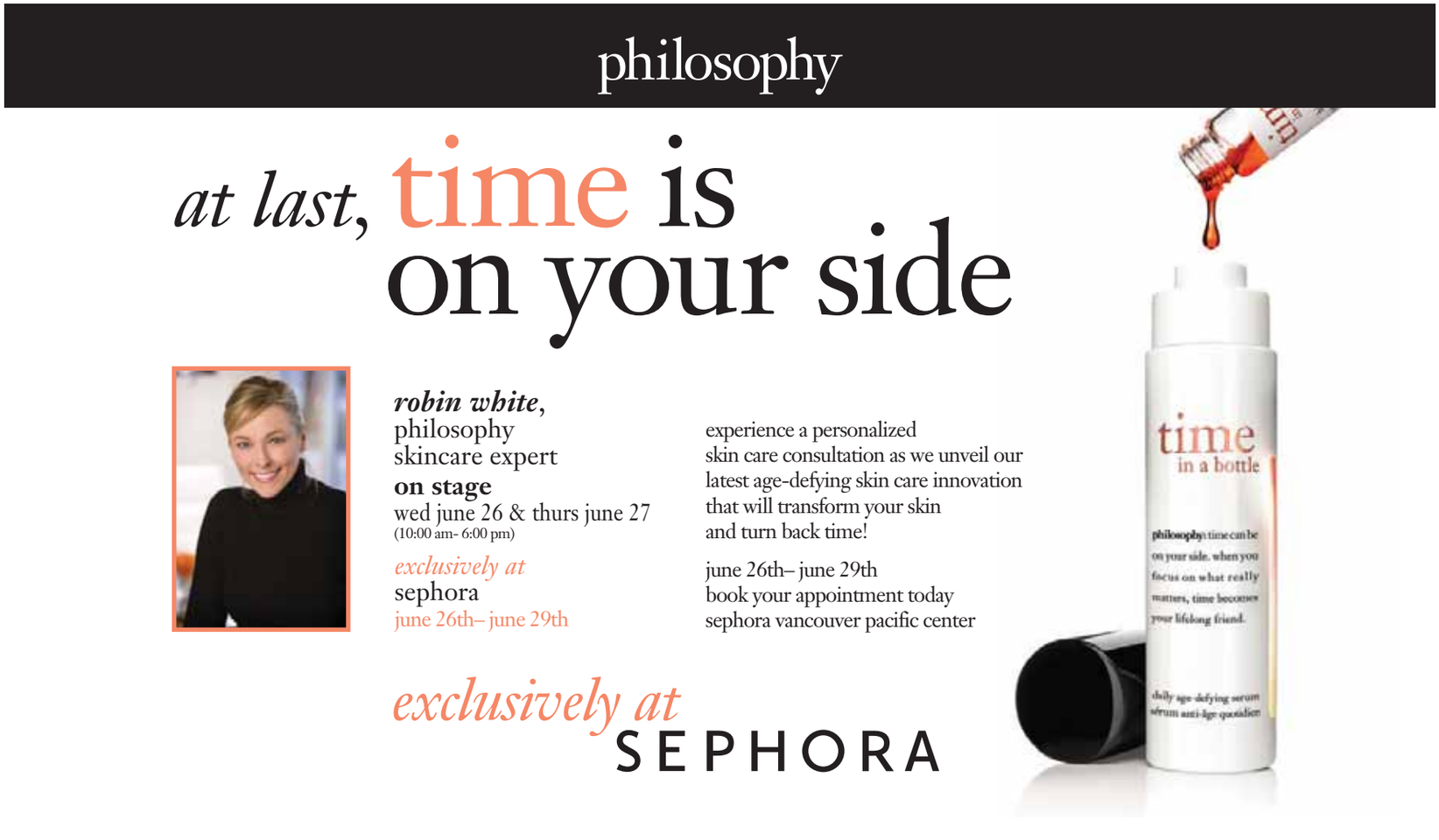
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IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

AJA/VEER

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)
- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.
- Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.
- Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)
- Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffling, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system – manufactured supplements and food. Here are some probiotic-rich foods you might want to try:

- **Yogurt** – Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** – This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** – You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** – Look for brine-cured pickles that don't contain vinegar
- **Kimchi** – This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.

STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes." says dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally ... Food I Can Eat.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

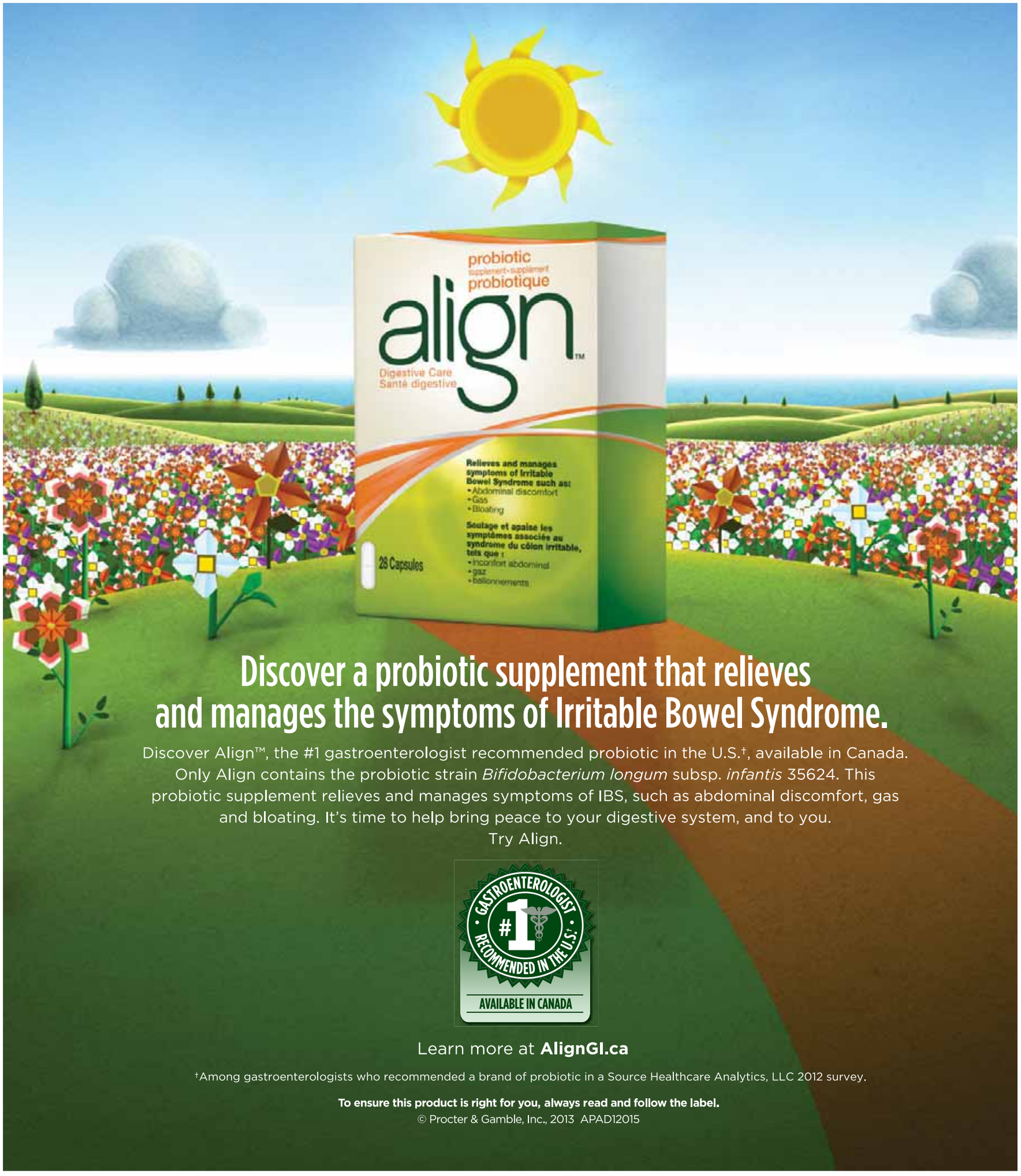
According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," helping to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



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†Among gastroenterologists who recommended a brand of probiotic in a Source Healthcare Analytics, LLC 2012 survey.

To ensure this product is right for you, always read and follow the label.

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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

NEWS CANADA

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes

Total Time: 35 minutes

Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads, veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

YELENA KOVALENKO/VEER

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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† Source Health Care Analytics, 2012. © 2013 P&G

TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

• Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.

• Never "grab a bite" from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.

• Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to drink, you use use one of three purification methods — a filter, chemical tablets, or boiling.

YURI ARCURS/VEER

• In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of water including mango, watermelon, and grapes.

• Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).

• It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the "runs" can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, "diarrhoia" meaning "a flowing through," occurs when something disrupts the routine in your digestive system.

Loose bowel motions or diarrhea happens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally… Food I Can Eat, summertime is ripe for tummy troubles such as diarrhea.

"The healthier your gut, the fewer symptoms you'll have," says Plant, who offers up these tips for tummy troubles:

• Taking a zinc supplement can help keep your immune system and gut healthy.

• Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.

• For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes you've lost.

NANKA (KUCHERENKO OLENA)/VEER

• If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a little lemon juice and honey for an extra bit of flavour.

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.

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WAVEBREAKMEDIAMICRRO/VEER

PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium.

And don't forget — when taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

WAYS THAT SUMMER CAN ROB YOU OF REST

LIGHT, NOISE, HEAT CAN AFFECT SLEEP

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

From rising temperatures and extended daylight to annoying pollen allergies, summer could have you rethinking your sleeping strategy.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But the extended daylight can come at a cost. Since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can actually make your allergies worse. If problems persist, ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. Outdoor parties that extend far into the night can keep you awake well into the wee hours. If noise is a problem, earplugs or a white noise machine might help.

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

If you're interested in learning more about sleep, including sleep disorders and research, and also where to find sleep medicine clinics in Canada, visit the Canadian Sleep Society at canadiansleep-society.ca.

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HERE COMES THE SUN AND SHADES

NEWS CANADA

Make sure to protect your kids' eyes this summer because children's vision is at greater risk of damage from UV rays, warn Canadian doctors of optometry.

Kids wearing sun glasses to shield their eyes from harmful ultraviolet (UV) radiation is just as important as slapping on sunscreen to protect their skin. Just as the sun causes sunburn, UV light is also absorbed by the tissue of the eye and can cause serious eye damage. Children are more vulnerable than adults, says Dr. Riaz Ahmed, spokesperson for Doctors of Optometry Canada.

"The crystalline lens in children's eyes is less capable of filtering UV than in adult eyes, resulting in greater risk for internal eye damage later in life," says Dr. Ahmed. "This is particularly concerning as children spend more time outdoors than the average adult. It's estimated that children receive approximately three times the annual adult dose of UV."

Because exposure is cumulative, direct contact with sunlight for even short periods of time can cause several long-term eye health problems, many of which begin symptom-free.

The World Health Organization estimates that up to 80 per cent of a person's lifetime exposure to damaging UV radiation occurs before the age of 18. Conditions directly related to it include: cataracts, macular degeneration, cornea sunburn, tissue growths on the surface of the eye that can eventually block vision, as well as eyelid skin cancer and malignant melanomas in the eye.

Protecting your child now will decrease the potential for serious eye problems later in life. A close-fitting, wrap around style frame that protects both the skin around the eye, as well as the eye itself, is recommended. So, too, are 100 per cent UVA and UVB blocking lenses. A wide-brimmed hat tops things off.

While tests have shown that inexpensive sunglasses can provide full UV protection, the quality of materials and consistency of the tints may be inferior. Such imperfections can distort children's vision, causing a mild headache or eyestrain when sunglasses are worn.

"At the very least, have their sunglasses assessed by a doctor optometry to ensure that your child is wearing a good quality product," says Dr. Ahmed.

- News Canada

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TRUE NORTH STRONG AND FAT

JUST SAYIN'

Paul Sullivan
metronews.ca

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

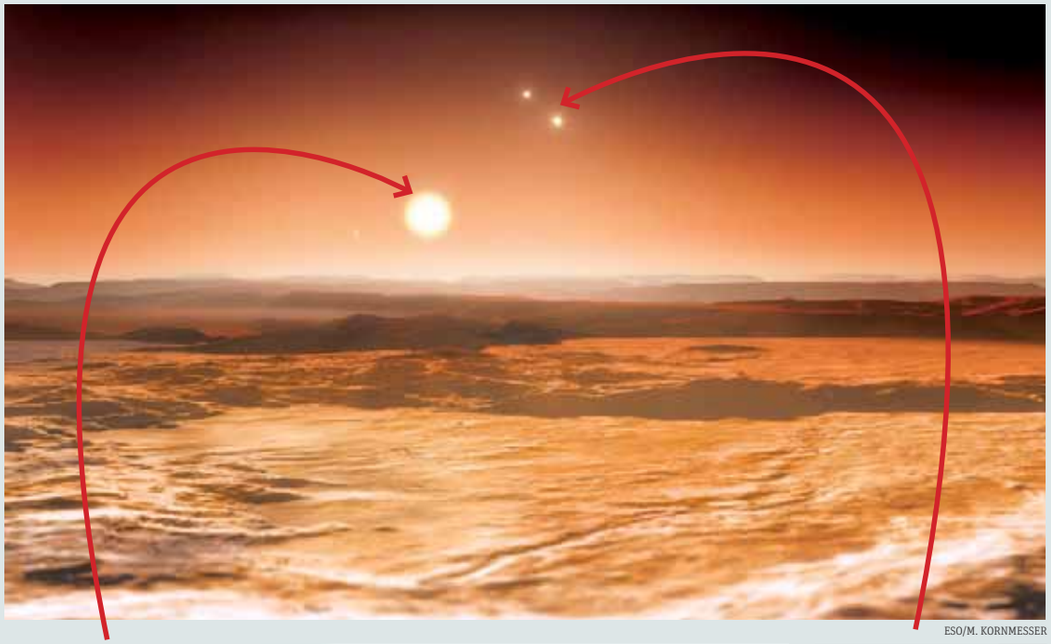
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

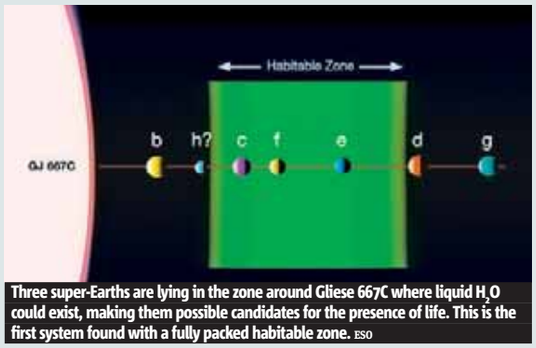
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or "Goldilocks" zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). METRO



Three super-Earths are lying in the zone around Gliese 667C where liquid H_2O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. ESO

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C is classified as a low-luminosity "M-dwarf" star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties.
(ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappointments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy.
(explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? it should be ABOLISHED!

@zephryus47: 340 million in economic spinoffs from the stampede. of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER Its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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SCENE 2

Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate

IN FOCUS
Richard Crouse
scene@metronews.ca

Sandra Bullock and Melissa McCarthy star in The Heat — a rare female buddy cop movie. HANDOUT

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend The Heat will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — Bonnie & Clyde vs. Dracula, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture Beaches, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.

One more

Finally, Whip It, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the Wind Beneath Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like Hannah and Her Sisters and Annie Hall it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

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#vancouverbuskerfest
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150
EPIC STREET SHOWS
5
BLOCKS OF
GRANVILLE STREET
BETWEEN SMITHE &
PENDER
CANADA DAY
WEEKEND
JUNE 29 ~ JULY 1
11am-9pm
VANCOUVER
2013
INTERNATIONAL
BUSKER
FESTIVAL

FEATURED ARTISTS

BASKETBALL JONES
(Wellington, New Zealand)
Calm and endearing. Smart and subtle. 10-foot unicyclist and power juggler.

BENDY EM
(Sydney, Australia)
Extremely flexible yoga babe contortionist. Very cheeky crowd-manipulation master. Unmissable.

BIG MESS
(Victoria, Canada)
Eclectic hilarious multi-genre multi-instrument father and son musical duo.

BYRON FROM ENGLAND
(Vancouver, Canada)
Master busker, rising standup comedy star, escapologist and local TV personality... from England!

CHALKMASTER DAVE
(Toronto, Canada)
Legendary busker and master artist. Maker of 3D-illusions and photo-real chalk drawings.

COLDWATER ROAD
(Vancouver, Canada)
Bold. Sweet. Romantic. Hilarious. Heartbroken. Folk Country Rock Fusion.

CONNOR KELLY
(Edmonton, Canada)
Improvisational sitar player. Quirky, fun and esoteric.

COPPER COWGIRL
(Victoria, Canada)
Mime, clown and human statue with a cheeky sense of humour.

DANIEL WAPLES
(Bath, UK)
Youtube star and hypnotic "Hang Drummer" (a UFO-looking percussive instrument made in the Swiss Alps.)

DAWN DREAMS
(Vancouver, Canada)
Exuberant contact juggler and golden lady who enchants and entrances.

EDEN CHEUNG
(Edmonton, Canada)
Slick and quick-witted fake-cowboy magician with whips. Intelligent, irreverent, and appropriately subtle.

JEFF HUGGINS
(Vancouver, Canada)
Singer songwriter and local heart throb.

JOSH MINSKY
(Vancouver, Canada)
Veteran Vancouver busker. Rich and smooth guitarist. And singer of French folk, jazz and cabaret.

KUTAPIRA
(Vancouver, Canada)
Expect addictive rhythms and engrossing good vibrations from this five-piece percussion groove band.

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MICHAEL ASHFIN

(Vancouver, Canada)
Spiritually interesting magician full of interesting spiritual insights. And unbelievable illusions.

SHARON MAHONEY

(Victoria, Canada)
A lady of multiple personalities: outrageous Ms. Tallulah and Canadian Patriot Ms. Mahoney: GO CANADA!!

MICHAEL FRASER

(Vancouver, Canada)
Violinist and next-level electro swing fusion. Rising star of dance, party and club music. Awesome.

SPRAY BOMBS

(Victoria, Canada)
Ethereal Live Spray Paint Art created in front of you in no time at all.

MIKE 'BALOON DOG' DADA

(Vancouver, Canada)
Constantly world travelling balloon genius. Coming home for the Fest.

TRAVIS BERNHARDT

(Vancouver Canada)
Classy and articulate, enchanting and theatric. Travis is delightful debonair and full of surprises.

NATASHA DESIGNS

(Toronto, Canada)
World Class Painter... of human beings. Vivacious, colorful, passionate and enchanting.

USA BREAKDANCERS

(New York, USA)
Globetrotting comedy and breakdance crew. Refreshing high-energy old-school crowd pleasers.

PIPER McKENZIE

(Vancouver, Canada)
Sweet and huggable super-skilled stuntman and juggler (and Media Director for the Busker Fest team).

WILL STELFOX

(Vancouver Canada)
Edgy, slick and often shocking close up magician and sideshow stage pro.

POGO FRED

(Los Angeles, USA)
Multiple Guinness World Record holding acrobat on a super-powered pogo stick. High-flying & death-defying.

SONS OF GRANVILLE

(Vancouver, Canada)
Local street celebrity three piece rock folk fusion. Viola, guitar, percussion... and PASSION!

REUBEN DOT DOT DOT

(Melbourne, Australia)
Arresting Cirque Du Soliel hand-balancer and acrobat with a wicked sense of fashion and a nice accent.

FRIDAY

	Metro Stage	Rayacom Stage	Torque Stage	Happy Water Stage	Letter Shop Stage	DVBIA
Noon	Sharon Mahoney	Reuben Dot Dot Dot	Piper McKenzie	Kutapira	Daniel Waples	Jeff Hu
1 pm	Basketball Jones	Pogo Fred	Emma	Michael Fraser	Josh Minsky	Conno
2 pm	Piper McKenzie	US Breakdancers	Eden Cheung	Coldwater Road	Big Mess	Jeff Hu
3 pm	Emma	Sharon Mahoney	Byron Bertram	Daniel Waples	Connor	Sons o
4 pm	Eden Cheung	Basketball Jones	Reuben Dot Dot Dot	Big Mess	Coldwater Road	Micha
5 pm	Byron Bertram	Piper McKenzie	Pogo Fred	Josh Minsky	Kutapira	Coldw
6 pm	Reuben Dot Dot Dot	Emma	USA Breakdancers	Jeff Huggins	Michael Fraser	Big Me
7 pm	Pogo Fred	Eden Cheung	Sharon Mahoney	Connor	Coldwater Road	Josh M
8 pm	USA Breakdancers	Byron Bertram	Basketball Jones	Kutapira	Daniel Waples	Sons o

SATURDAY

	Metro Stage	Rayacom Stage	Torque Stage	Happy Water Stage	Letter Shop Stage	DVBIA
Noon	Byron Bertram	Eden	USA Breakdancers	Michael Fraser	Kutapira	Sons o
1 pm	Reuben Dot Dot Dot	Pogo Fred	Sharon Mahoney	Coldwater Road	Daniel Waples	Conno
2 pm	Basketball Jones	Byron Bertram	Emma	Sons of Granville	Connor	Big Me
3 pm	Piper McKenzie	Reuben	Eden	Kutapira	Jeff Huggins	Daniel
4 pm	USA Breakdancers	Basketball Jones	Pogo Fred	Connor	Sons of Granville	Josh M
5 pm	Sharon Mahoney	Piper McKenzie	Byron Bertram	Jeff Huggins	Daniel Waples	Big Me
6 pm	Emma	USA Breakdancers	Reuben Dot Dot Dot	Kutapira	Coldwater Road	Josh M
7 pm	Eden	Sharon Mahoney	Basketball Jones	Daniel Waples	Big Mess	Jeff Hu
8 pm	Pogo Fred	Emma	Piper McKenzie	Josh Minsky	Jeff Huggins	Coldw

SUNDAY

	Metro Stage	Rayacom Stage	Torque Stage	Happy Water Stage	Letter Shop Stage	DVBIA
11:00	Sharon Mahoney	Reuben Dot Dot Dot	Emma	Connor	Coldwater Road	Sons o
NOON	Pogo Fred	Basketball Jones	Byron Bertram	Daniel Waples	Kutapira	Jeff Hu
1 pm	USA Breakdancers	Sharon Mahoney	Reuben Dot Dot Dot	Michael Fraser	Josh Minsky	Big Me
2 pm	Eden	Pogo Fred	Basketball Jones	Coldwater Road	Jeff Huggins	Sons o
3 pm	Emma	USA Breakdancers	Sharon Mahoney	Kutapira	Connor	Daniel
4 pm	Byron Bertram	Eden	Pogo Fred	Coldwater Road	Big Mess	Micha
5 pm	Reuben Dot Dot Dot	Emma	USA Breakdancers	Josh Minsky	Daniel Waples	Coldw
6 pm	Basketball Jones	Byron Bertram	Eden	Big Mess	Michael Fraser	Kutapi

Entertainers listed alphabetically, by first name.

Basketball Jones	Basketball Juggler Unicyclist
Bendy Em	Comedian and contortionist
Big Mess	Multi- Genre Father/Son Duo
Byron Bertram	Comedian Juggler/Escapologist
Chalkmaster Dave	3D/Photo Real chalk art
Coldwater Road:	Folk/Country/Rock/Fusion
Connor	Improvisational Sitar Player
Copper Cowgirl	Human Statue
Daniel Waples	Hang Drum
Dawn Dreams	Contact Juggler/Gold Lady
Eden Cheung	Magician, Whips, Equilibristics
Jeff Huggins	Singer/songwriter/Heartthrob
Josh Minsky	French Folk and Cabaret Music
Kutapira	Percussion Groove Band
Michael Ashfin	Card Magic/Close Up
Michael Fraser	Violin Electro/Swing/Fusion
Mike Dada	Balloon modelling genius)
Natasha Design	Body Painting
Piper McKenzie	Juggler and Equil
Pogo Fred	Pogo Stick Acrob
Reuben Dot Dot Dot	Hand-balancer/A
Sharon Mahoney	Interactive Come
Sons of Granville	Three-Piece Roc
Spray Bombs	Live Painting with
Travis Bernhardt	Theatrical Illusion
USA Breakdancers	Interactive Come
Will Stelfox	Card Magic/Clos

E STREET

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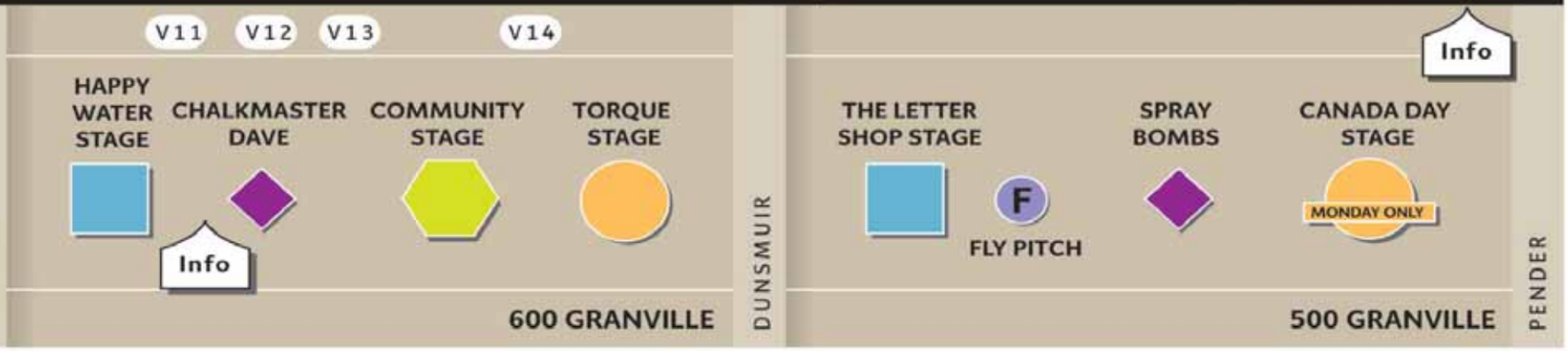

– Music	Community Stage
ggins	Revamped
r	Revamped
ggins	Trantra Fitness
f Granville	Parkour
el Fraser	Trantra Fitness
ater Road	Parkour
ss	Falun Dafa
insky	Falun Dafa
f Granville	Trantra Fitness

– Music	Community Stage
f Granville	Trantra Fitness
r	Falun Dafa
ss	Falun Dafa
Waples	Revamped
insky	Revamped
ss	Trantra Fitness
insky	Parkour
ggins	Trantra Fitness
ater Road	Parkour

– Music	Community Stage	Canada Stage (Mon. only)
f Granville	Trantra Fitness	USA Breakdancers
ggins	Revamped	Eden
ss	Revamped	Emma
f Granville	Trantra Fitness	Byron Bertram
Waples	Falun Dafa	Reuben Dot Dot Dot
el Fraser	Falun Dafa	Basketball Jones
ater Road	Trantra Fitness	Sharon Mahoney
a	Parkour	Pogo Fred

SELECT VENDORS

See Granville Street map below for vendor locations.

V1 – Varinicey. Pronounced VERY NICE ee, they make the freshest vegetable pakora with local and imported ingredients.

V2- Bon Mano Bon. Bon Mano Bon is a Vancouver owned and operated cake and pastry company. They use local and fresh ingredients to create custom quality delights!

V3 – Uncle Kebab. Simple, fresh and healthy! Authentic Lebanese cuisine - beef, chicken and veggie. Everyday home made!

V4 – Beljam's. We serve our own hot waffle cones filled with your favourite sweet or savoury ingredients - yum, yum.

V5 – Felipe Chaves. What's not to like about Charcoal Steak? This vendor has just started out in Vancouver.

V6 – E C Collections. Eva Cheung sells a range of delectable jewellery, sunglasses and fashion accessories.

V7– Cup a Corn. They offer a healthy, yummy snack that's 100% organic corn from BC: Wasabi Ginger...Peanut Satay...Mexicana...

V8 – Smoothie Factory. A family-owned company that makes each and every drink a healthy and refreshing experience.

V9 – Chou Chou Crepes. Chou Chou Crepes recreates the experience of enjoying authentic French crêpes on the streets of Brittany.

V10 - Cutco Knives. Made for more than 60 years at their factory in Olean, N.Y. CUTCO is all about exceptional quality, a razor sharp edge and backs all their products by a Forever Guarantee.

V11 – Casalinga. Casalinga prepares healthy meals: no processed foods, no pressed meat products and no additives.

V12 – Honey's BBQ. Honey's BBQ, straight from the Summer Night Market. Try their BBQ squid! Delicious.

V13 – IPG Vancouver. IPG is the world's largest paintball agency with over 115 paintball centres in 6 countries around the globe.

V14 - Mike's Flags. Soccer Goodies and International Items - Flags of all sizes and countries, Scarves, Trading Cards, Bracelets, Posters, etc.

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edy Juggling
k/Folk/Fusion
n spray paint
ns
edy/Breakdance
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Tantra Fitness: Tantra Fitness is Vancouver's Premiere Pole Dance and Fitness Studio. We proudly call our studio "the fitness alternative" because we only offer classes and programs that are fun and unique while giving you an amazing workout. Whether you have two left feet or if you are a dance diva, we have something exciting and engaging for everyone!

Parkour is a holistic training discipline using movement that developed out of military obstacle course training. Practitioners aim to move quickly and efficiently through their environment using only their bodies and their surroundings to propel themselves, negotiating obstacles in between.

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HiVE VANCOUVER work. create. cross pollinate.

aMillion baZillion

If you would like to support the festival this year and into the future, we have high-quality illustrations designed by Sara Mortimer available at our info and merchandise tents and professionally designed T-shirts designed by Torque Design.

Vancouver got its first taste of the power of the international busker scene during the 2010 olympics games. Downtown was transformed! Street Performers from around the globe thrilled massive international crowds with skill and poise in what became a street performance mega-event. Building on that happy chapter of city history, The aMillion BaZillion Arts Society produced the first annual Vancouver International Busker Festival. As we launch our second year, we are so pleased to present an diverse array of exceptional acrobats, comedians, musicians, visuals artists and more from all around the world. Check out VancouverBuskerFest.com for video samples of extrodinary buskers. See you downtown, this weekend!!

THE Busking PROJECT

The Busking Project is a means to facilitate and empower street performers through educating and entertaining the public, providing resources and advocating on their behalf. Helping AMBZ to produce the buskerfest is just one step in a long journey towards our dream: to live in a society where great artists are ENCOURAGED and PROUD to perform on the street.
www.thebuskingproject.com

downtown vancouver

Located in the heart of Vancouver's cosmopolitan business district, the Downtown Vancouver Business Improvement Association (DVBIA) serves a 90-block area that consists of 8,000 businesses, property owners and tenants - and attracts thousands of employees, tourists and shoppers every day.

VIVA VANCOUVER

VIVA Vancouver, in partnership with business improvement associations, the local transit authority and community groups, creates high quality, temporary public spaces by transforming select sections of road spaces into interesting and inviting people places, on a short term basis.

What's Next for the Vancouver International Busker Festival?...

We are unsurprised and delighted that international busker festivals like ours are growing rapidly everywhere. Next week, our team will disperse to the corners of the Earth to other festivals across Canada, Europe, Australia and Asia… We'll be sending updates regularly of the artists we meet and the adventures we have together.

VancouverBuskerFest **@VanBuskFest**

We are so excited about showcasing another amazing sample of our international and constantly evolving art form in 2014, 2015, 2016, 2017 and forever…

Take this guide with you to the festival!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Johnny Depp.

Johnny Depp likes playing dress-up

Johnny Depp feels so connected to Captain Jack Sparrow, his iconic Pirates of the Caribbean character, that he actually travels with the costume at all times, he tells E! News.

"Sometimes you go to kiddie hospitals and things like that," he says of his recent travels.

"I'll just sneak in and go and surprise a bunch of kiddies through the different wards. It basically turns into a two-, three-hour improvisation and it's really fun. So I travel with Captain Jack."

The Word

Who needs love when you have a few million in the bank?

THE WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl! It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow),

Pasquale Rotella.

She showed off her giant new engagement ring to People magazine. Hopefully the 18-carat yellow diamond ring is big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than $2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials.

Amy Winehouse.

Maybe Winehouse didn't need to go to rehab

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong. Alex says it was the tragic singer's bulimia that killed her.

"She suffered from bulimia very badly. That's not, like, a revelation," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.

Their hasn't been any comment from his reps.

Chris Brown. ALL PHOTOS GETTY IMAGES

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Canada Day

Patriotic places in our great country

ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions that have played a key role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.
In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World.

The Cave & Basin National Historic Site, Banff National Park, Alta.
The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience.

PARKS CANADA IS CELEBRATING CANADA DAY BY OFFERING FREE ADMISSION TO EVERY NATIONAL PARK, HISTORIC SITE AND MARINE CONSERVATION AREA IN THE COUNTRY.

Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE
Metro World News in New York

Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR

Your favourite New York City restaurant may have served as the backdrop for your favourite film.

Check out some of these places next time you're in the Big Apple.

Craft Restaurant
The Devil Wears Prada (2006)

Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's greenmarket fare, hopefully your boss doesn't interrupt.
Getting there: 43 E. 19th St., 212-780-0880

Sardi's
The Muppets Take Manhattan (1984)

Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in the family film The Muppets Take Manhattan. Who could forget the scene where Kermit the Frog replaces Liza Minelli's famous face with his own green mug shot, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.
Getting there: 234 W. 44th St., 212-221-8440

Lenny's Pizza
Saturday Night Fever (1977)

There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst.
Getting there: 1969 86th St., Brooklyn, 718-946-1292

Pershing Square Cafe
Friends With Benefits (2011)

Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast in New York."
Getting there: 90 E. 42nd St., 212-286-9600

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Wisconsin: There's more here than cheddar

Lake Elkhart. A state synonymous with cheesehead hats also offers plenty of adventures, both outdoor and indoor

VAWN HIMMELSBACH
life@metronews.ca

One usually associates the word "Wisconsin" with the word "cheese."

But there's a lot more to this state than rolling hills and dairy products. Lake Elkhart, a few hours' drive from Chicago, makes a great city escape for those seeking a lakeside resort with plenty of unexpected adventure on offer.

From a European racetrack to a French cooking school, Wisconsin just might surprise you.

Here are five ways to experience Lake Elkhart, no cheddar required:

Learn to drive a race car

Since 1955, when the state legislature banned racing on public roads, Road America has become one of the country's premier racing venues. In addition to pro and amateur racing, America's National Park of Speed hosts year-round activities, including an on-track tour that allows you to drive your own race car around the four-mile, 14-turn racetrack. Go off-roading in an ATV and take in the scenery (and mud!) around 640 acres of grounds, or try your hand at karting on a challenging hillside slalom course that, with 50 feet of elevation change, isn't exactly your typical kiddie go-kart experience.

Learn how to cook a gourmet French meal

Sure, Wisconsin isn't exactly synonymous with French cuisine, but at Lake Elkhart's L'ecole de la Maison cooking school you'll learn the art of French-style comfort food — and you'll get to eat everything, too. Under the instruction of The Osthoff's chef Scott Baker, you'll learn how to make classic dishes such as French onion au gratin, coquilles St. Jacques, tournados of beef au poivre, crêpes suzettes and, of course, French baguettes. The school offers half-day, one-day and two-day courses, which are faithful to traditional recipes but geared toward novices.

Discover fine dining

It may be a small town (where you start to feel like you know the locals after a couple of days), but Lake Elkhart has a surprising variety of top dining options. Try the Paddock Club, which takes its name from the legendary gambling club of the early 1900s. The menu mixes seasonal ingredients with European culinary traditions; be sure to enjoy a cold Wisconsin beer at the turn-of-the-century bar. The Lake Street Café has an extensive (and award-winning) wine list, and its menu features dishes made from scratch with fresh ingredients. Try the elk strip loin, grilled medium rare, with pancetta gruyere potato gnocchi. To take home a taste of Wisconsin, head to the Vintage Elkhart Lake Wine Shop and Tasting Bar, where you'll find a unique selection of local wines as well as local artisanal cheeses, olive oils and vinegars bottled to order.

Detox with some sage and cedar

Legend has it that Lake Elkhart got its name from the Potawatomi Indians, the original tribe of the area, who called it "Great Elk Heart Lake." They believed the water had curative powers — and you can experience its healing effects for yourself at Aspira Spa, which takes an organic, holistic approach to healing therapies. In the signature sacred waters massage, water from the lake is heated in buckskin pouches, which are placed on the body to dissolve muscle tension. And the signature cedars massage incorporates fresh native cedar, which is used by Native Americans to purify and protect.

Get active: Kayak, bike or sail

With the amount of butter and cream you've consumed at L'ecole de la Maison, you may be looking for a way to burn off a few extra thousand calories. Fortunately, the town's resorts and outfitters rent everything necessary for outdoor adventure. Take out a hydro-bike, canoe, kayak, sailboat or paddleboat on the lake; water ski and wakeboard lessons are available (as well as party boat rides, if you're less inclined toward athletic pursuits). Or rent a mountain bike and head to the Kettle Moraine State Forest, which offers more than 132 miles of biking trails (varying in difficulty and length). If you're not keen to go off on your own, try a guided "silent water tour" with Ecology Outfitters, where you'll learn the basics of kayaking as you paddle around the lake.

If you go...

- **To get here.** Fly into Milwaukee County's General Mitchell International Airport; from there, it's a 90-minute drive to Lake Elkhart.
- **Where to stay.** Siebkens is a turn-of-the-century resort, currently run by the fourth generation of the same family. With a private beach on the lake and Stop-Inn Tavern (the heart of the town's nightlife), Siebkens offers condominium hotel suites in its Lakeview building, standard hotel rooms in its Elm Park building and B&B style rooms in its Lake Cottage.

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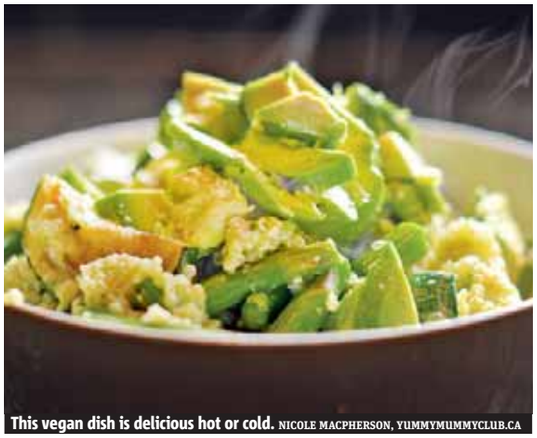
That green giant has nothing on this Bowl of Green Goodness

NICOLE MACPHERSON
yummymummyclub.ca



This vegan dish is delicious hot or cold. NICOLE MACPHERSON, YUMMYMUMMYCLUB.CA

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven to 425 F. Slice zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

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Walking the walk is key in today's work search

What employers are looking for in new hires. Hint: It's more than just a simple piece of paper

MEGHAN GREAVES
TalentEgg.ca

A closer look: When choosing a new hire, employers often search for assurance that what you're presenting on your resumé is credible. Have a few reviewable resources available. ISTOCK

If you're a member of Gen Y, you know that the job market is competitive. There are more students, more grads and more highly-educated individuals on the job hunt than ever. This can make it difficult to hatch your career and stand out amongst fellow graduates

Employers are now looking for candidates who have qualities that complement their "piece of paper" (and no you don't need to spend more money to get them).

Back it up!

References and testimonials

- References and testimonials are great things to include in your application as they support what you're presenting on your resumé.
- Depending on the role you're applying for, you can include brief testimonials as a part of your resumé.
- Another option is including the link to your online professional profile (i.e., LinkedIn) where an employer can read recommendations and references from others.

Here are three things that employers are looking for in a new hire to keep in mind for your job hunt.

Enthusiasm and initiative

Employers are always looking for candidates who are willing to go the extra mile. During the application and interview process, you can do this by following up on your application or adding in something unique. To an employer, this shows that you actually want the job and are motivated to get it.

Relevant experience

Having previous related experience often makes it or breaks it during the hiring process for an employer.

Related experience can come in many different forms and doesn't always have to be the exact same role you're being hired for, such as a part-time job where you developed skills that will be beneficial for the role you're applying for, volunteer work, or projects you were a part of during school.

You'd be surprised at the number of skills you've developed during school that stand out to an employer.

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CLARE TATTERSALL
TalentEgg.ca

Who will you have in mind as you make your way across that stage?
ISTOCK

During convocation day at Western University last week, I spent the day watching our lovely students with faces bright and full of pride parade around in their black gowns. As I stood at the back of the room witnessing the closure of their years of study, I wondered what was running through their minds. Do they feel full of hope? Do they feel full of potential? I sure hope they do, and not just in that moment, but in the days, weeks, months and years that follow.

Later in the week, I Googled the top convocation speeches of all time. So many of them focus on the idea that you can do anything, don't let anything stand in your way, follow your dreams…

Although I too want students to be determined and persevere, it was in a much humbler act that I found my insight for this article.

When I was gathered on the lawn with our graduates, I ran into a particularly lovely and successful student. She had a handful of thank-you cards that she had carefully prepared and thoughtfully written for the occasion. She handed me a card and the message inside was so full of honest and generous gratitude that I felt a rush of warmth.

On a day that is all about her accomplishments, she had likely spent hours thinking about others and the parts that they have played in her success.

To experience persistent and overwhelming gratitude, that is my hope for our graduates. You lose nothing by acknowledging the contributions of others. In fact, the greatest leaders I have known are the ones who happily admit that they could not have done it alone.

So go out into the world, persevere, work hard and follow your dreams. But do it with gratitude and you will find that you are happier and more resilient. Congratulations graduates!

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

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Drafting technician	
Thursday, July 4, 1:30 p.m. – room 718	Downtown
English language preparation for health sciences	
Tuesday, July 16, 6 p.m. – room G221, building B	Broadway
Fashion arts certificate	
Tuesday, July 2, 6 p.m. – room 237	Downtown
Hair design	
Wednesday, June 26, 4:30 p.m. – room 201	Downtown
Skin and body therapy (esthetics)	
Wednesday, June 26, 4:30 p.m. – room 201	Downtown
Teaching English to speakers of other languages (TESOL)	
Tuesday, July 2, 12 p.m. – room 518	Downtown
Tuesday, July 9, 12 p.m. – room 518	Downtown
Transportation trades	
Tuesday, July 2, 11 a.m. – lobby, building B	Broadway
Tuesday, July 9, 11 a.m. – lobby, building B	Broadway

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Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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Stop, in the name of a relevant resumé

Demonstrate your worth as an employee by including not only your strengths, but valuable examples of your accomplishments as well. If you do make it to the interview, you will be able to expand on the examples at that time.
ISTOCK

Word alert. Replace the repetitive rhetoric with careful, concise communication

MICHELLE CIRCOSTA
TalentEgg.ca

Throughout the job application process you only have a few opportunities to make an impression.

Arguably the most important of these is making an impact with your resumé. The last thing you want to do in today's competitive job market is have a resumé that is plagued with empty and overused claims.

A survey of 1,300 senior managers by staffing firm OfficeTeam reveals some of the most over-used phrases on resumés include "highly qualified," "hard worker" and "team player," along with several others, outlined to the right.

If your resumé lacks specifics, it will surely go unnoticed. Anaar Dewjee, division director at OfficeTeam, shared her insight regarding the art of resumé writing.

One word that Dewjee can't stand to see on a resumé is "reliable." The problem with this type of descriptive word is that it describes behaviours that are impossible to showcase on a resumé.

Listing duties and/or adjectives also adds no value to your resumé. Most of that information can be inferred simply be reading the job title you've listed.

Accomplishments, on the other hand, are far more effective and in fact much easier to communicate. Use your accomplishments to highlight skills that are transferable to the position.

For students, writing a professional resumé can be especially tricky since many of us do not have much relevant experience. If this is the case, Dewjee recommends highlighting academic achievements, your area of specialization as well as your volunteer experience.

If you are active and involved in your school, that should be clearly demonstrated on your resumé. You may also consider including some of your own specific goals. Be sure to really highlight your energy, focus and drive.

The most important thing to remember when writing a resumé is that using adjectives to describe yourself will not entice an employer to pencil you in.

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Work that Wite-Out

During a survey, senior managers were asked, "What is the most overused or meaningless phrase you see on resumés?" Below are some of their top responses, along with advice on how to give employers what they're really looking for on your resumé:

- **Highly qualified:** Describe what you bring to the role. Highlight your accomplishments in previous positions, emphasize your specific skills and note your education or other qualifications. Explain exactly how you've gone the extra mile.
- **Team player:** Working well with others is a must for any role today. Provide examples of how you partnered with classmates, fellow volunteers, colleagues or individuals in other departments to meet an objective.
- **Problem solver:** People love employees and colleagues who can help them get out of a pickle, but be specific when you describe this quality. Highlight a difficult situation you encountered and how you handled it.
- **Flexible:** Hiring managers seek candidates who can adapt quickly to new situations. Describe how you responded to a major change at work or dealt with the unpredictable aspects of your job.
- **Self-starter:** Companies seek individuals with initiative who can contribute immediately. Show how you took action when you saw an issue that needed to be fixed.

4 SPORTS

Sports in brief

1 Soccer star recognized.
Sinclair to join Walk of Fame

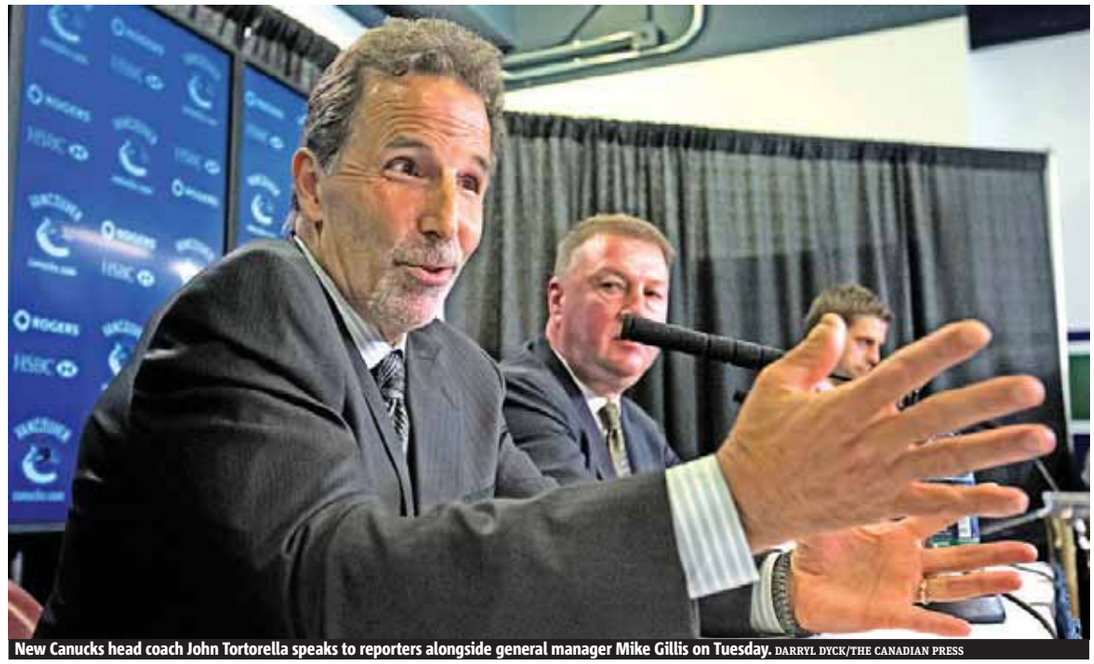
Burnaby's Christine Sinclair was announced as an inductee to Canada's Walk of Fame on Tuesday.
THE CANADIAN PRESS

2 From Boston to L.A. Rivers joins Clippers

After weeks of negotiations and intrigue, Doc Rivers officially left the Boston Celtics for the Los Angeles Clippers on Tuesday.
THE ASSOCIATED PRESS

3 Calling it quits?
Flames won't give up on Kipper

The Calgary Flames will try to persuade Miikka Kiprusoff to reconsider his reported decision to retire.
THE CANADIAN PRESS



New Canucks head coach John Tortorella speaks to reporters alongside general manager Mike Gillis on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

Happier days ahead? We'll see

NHL. Tortorella to add a little bite in Vancouver behind Canucks bench

MATT KIELTYKA
matt.kieltyka@metronews.ca

How are the Vancouver Canucks going to be different under new coach John Tortorella?

For one thing, Henrik Sedin may soon find himself in the firing line on and off the ice.

"I'll tell you right now, (the Sedins) are going to kill penalties," said Tortorella at his unveiling Tuesday at Rogers Arena. "And if they're going to kill penalties, they're going to block shots. I think they'll welcome it because they want to get better, they want to win a championship and that's how you win a championship."

U.S. leader

410

John Tortorella is the career leader in wins by a U.S.-born coach with 410.

Torts' take

"I hate losing. Everybody says 'Be a good loser.' I think if you're a good loser, you're a loser."
New Canucks head coach John Tortorella

The Canucks, in their never-ending and frustrating quest for the cup, will no longer be a club that keeps their top offensive players off the penalty kill and leave the sacrificial defensive plays to grinders.

"There is going to be more asked of them," said Tortorella, a Stanley Cup winner with Tampa Bay in 2004. "That starts from the twins, right on down. I think we need some more bite. I think the attitude of being a stiffer team is going to come to the forefront as we try to get to another level."

Henrik, who had been largely kept off the PK by former coach Alain Vigneault (who was hired by the New York Rangers last week, effectively swapping clubs with Tortorella), said he's ready to make the adjustment.

He is also ready to play under a coach whose bark is notoriously as loud as his teams' bite.

"As a player you want honesty, I don't think it matters how it's put toward you," said Sedin. "It doesn't matter if you have a coach that comes in and yells at you. If it makes sense, and you buy it, then it's totally fine."

Forward Chris Higgins played 55 games under "Torts" with the Rangers and called the move a good fit for Vancouver.

"He gets his team to compete, first of all," said Higgins. "That's what he brings out of his players the most. I had a lot of respect for him (in New York).... He's a fair and honest coach."

More than anything, Tortorella said he wants to put his reputation back on track after an acrimonious relationship with media during his time with the Rangers.

"I'd like to rectify that. This is the mess I've put myself into. I make my own bed with this stuff, that is on me," he said. "But you know what? I think I'm a pretty good coach too."

But maybe that temper and competitiveness is just what the Canucks, who have been bounced in the first round of the playoffs two years on the trot, need.

Coaching credentials

John Tortorella, a 55-year-old Boston native, has reached the playoffs on eight occasions and won the Jack Adams Award as NHL coach of the year in 2004. He was let go four days after the Rangers' season ended with a second-round loss to the Boston Bruins.

- An assistant with the Rangers in the 1999-2000 season, he took over for John Muckler as head coach for the final four games.
- Tortorella later spent seven seasons as head coach of the Lightning before taking over as head coach of the Rangers in February 2009.
- He also served as an assistant coach for the American team that won silver at the 2010 Vancouver Olympics.

THE CANADIAN PRESS

Whitecaps tightening up competition in goal

Soccer. Coach Rennie noncommittal on role of newly acquired goalkeeper Ousted

Danish goalkeeper David Ousted began his education in North American soccer Monday with his first Vancouver Whitecaps practice.

The first lesson: Try to get along with your teammates when battling for a starting spot. Ousted hopes to develop a rapport with his peers now that he gives the Whitecaps four goalkeepers.

"It's going to be a tough competition, but I think it's going to be great," said Ousted, 28, who joined the Whitecaps last week after 10 seasons in his homeland. "I think it's going to develop everybody and, hopefully, it'll help the team."

The second lesson: Whitecaps coach Martin Rennie loves to develop competition at each position. Accordingly, Rennie was noncommittal on Ousted's role once he becomes eligible to play in Major League Soccer after the international transfer window opens on July 9.

"We're playing well and we're winning games," Rennie said. "Brad (Knighton, the current starter) has got a good record at the moment, so I think he's just got to keep focused on that."

In a rare break from his one-game-at-a-time approach, Rennie suggested Ousted's signing was more about the future than the present.

"Joe (Cannon) probably won't be with us going into next season," Rennie said. "So we needed to make sure that we had another goalkeeper for next season."

In other words, Rennie was not in a hurry to give Knighton's No. 1 job to Ousted.

Neither was Knighton, who is in line to start Saturday's game at D.C. United and two more before Ousted is eligible — unless Cannon, 38, who is playing out the final year of his contract, gets the call in the meantime.

"I don't see my mentality changing," said Knighton, who sports a 3-1-1 record. "It is what (Cannon) and I were doing. Obviously, we're competing every day for a spot. It's not the only position that there's competition for. Everybody's fighting for a spot in this team, and it's tough to change the team when we're winning.

"So, obviously, that's a decision (management) are going to have to make.

"My job is just to go in there and compete, and make saves in the game and keep us in the game and get wins in the win column over these next three games."

The surging Whitecaps (6-5-4) have won four of their past six games and moved into playoff contention in the Western Conference. But they have only one clean sheet this season — registered by Cannon in the first game of the season against Toronto.

Rookie Simon Thomas, 23, of Victoria, is the club's fourth goalkeeper, and does not factor into the playing-time equation as of now.

THE CANADIAN PRESS

Quoted

"The competition and the pressure may well bring out the best in the individual." Andy O'Brien

Might as well jump

Rays third baseman Evan Longoria makes a leaping catch on a line drive hit by the Blue Jays' Mark DeRosa on Tuesday in St. Petersburg, Fla. The Rays grounded the Jays 5-1. CHRIS O'MEARA/THE ASSOCIATED PRESS

Wimbledon

Raonic leads great start for Canada

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, needed less than two hours to complete the 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

It has been 25 years since four Canadians won first-round singles matches at the same major. Sebastien Lareau, Daniel Nestor, Sonya Jeyaseelan and Jana Nejedly last accomplished the feat at the Australian Open in 1988.

Raonic, 22, had 19 aces and just 18 unforced errors in the match. His next opponent will be Igor Sijsling of the Netherlands, who beat American Alex Kuznetsov 6-3, 6-4, 6-4.

Ottawa's Jesse Levine also won his opening match Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories.

THE CANADIAN PRESS

NHL. Intact core could keep cups coming to Chicago

When Rocky Wirtz took over the Chicago Blackhawks six years ago, they were among the worst teams in the NHL.

Fast forward to Tuesday, when the owner mingled with fans and friends hours after the Blackhawks flew home with the Stanley Cup for the second time in four seasons. It's been quite the turnaround, and the 60-year-old Wirtz thinks there is more to come.

"I think we're going to see a lot of good years ahead of us," he said.

It sure looks that way.

Unlike in 2010, when the title-winning team underwent changes because of salary-cap issues, the Blackhawks will be able to bring back many of their top players next season.

Forwards Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp, and defencemen Duncan Keith and Brent Seabrook are all under contract for at least two more seasons. Brandon Saad, one of the finalists for the Calder Trophy, is years away from free agency.

"I think there's something about our core," said Kane, who won the Conn Smythe Trophy as MVP of the playoffs. "Hopefully we can stay together a long time, because that's two cups in four years, and we seem to only be getting better and better as players as time goes on here."

The Blackhawks lost in the first round of the playoffs in each of the previous two seasons, but general manager Stan Bowman decided to stay the course and it paid off Monday night. THE ASSOCIATED PRESS

Playoff MVP Patrick Kane carries the Conn Smythe Trophy off the Blackhawks' plane early Tuesday morning. THE ASSOCIATED PRESS

Free agents in Chicago

According to CapGeek.com, forwards Bryan Bickell, Michal Handzus, Viktor Stalberg and Jamal Mayers, defenceman Michal Rozsival and goalie Ray Emery are eligible for unrestricted free agency.

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	46	33	.582	—
New York	42	34	.553	2½
Baltimore	43	35	.551	2½
Tampa Bay	41	37	.526	4½
Toronto	38	38	.500	6½
CENTRAL DIVISION				
Detroit	42	33	.560	—
Cleveland	39	37	.513	3½
Kansas City	35	39	.473	6½
Minnesota	34	39	.466	7
Chicago	32	42	.432	9½
WEST DIVISION				
Texas	44	33	.571	—
Oakland	44	34	.564	½
Los Angeles	34	43	.442	10
Seattle	34	43	.442	10
Houston	29	49	.372	15½

Tuesday's results
Tampa Bay 5 Toronto 1
Atlanta 4 Kansas City 3
Baltimore 6 Cleveland 3
Boston 11 Colorado 4
Chicago White Sox 5 N.Y. Mets 4
L.A. Angels 14 Detroit 8
N.Y. Yankees 4 Texas 3
St. Louis 13 Houston 5
Cincinnati at Oakland
Pittsburgh at Seattle
Monday's results
Cleveland 5 Baltimore 2
Tampa Bay 4 Toronto 1
Wednesday's games — All Times Eastern
Toronto (Dickey 6-8) at Tampa Bay (Hernandez 4-8), 12:10 p.m.
Cincinnati (Bailey 4-5) at Oakland (Griffin 5-6), 3:35 p.m.
Pittsburgh (Gomez 2-0) at Seattle (Hernandez 8-4), 3:40 p.m.
Colorado (Oswalt 0-1) at Boston (Lackey 4-5), 4:05 p.m.
Cleveland (Kazmir 4-4) at Baltimore (Hammel 7-4), 7:05 p.m.
Texas (Grimm 6-5) at N.Y. Yankees (Pettitte 5-5), 7:05 p.m.
L.A. Angels (Hanson 4-2) at Detroit (Alvarez 1-0), 7:08 p.m.
N.Y. Mets (Marcum 0-9) at Chicago White Sox (Danks 1-4), 8:10 p.m.
St. Louis (Lynn 10-1) at Houston (Bedard 2-3), 8:10 p.m.
Atlanta (Minor 8-3) at Kansas City (Mendoza 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Atlanta	45	33	.577	—
Washington	38	38	.500	6
Philadelphia	36	41	.468	8½
New York	30	43	.411	12½
Miami	26	50	.342	18
CENTRAL DIVISION				
St. Louis	48	29	.623	—
Pittsburgh	46	30	.605	1½
Cincinnati	45	32	.584	3
Milwaukee	32	43	.427	15
Chicago	31	44	.413	16
WEST DIVISION				
Arizona	41	35	.539	—
San Diego	39	38	.506	2½
Colorado	39	39	.500	3
San Francisco	38	38	.500	3
Los Angeles	33	42	.440	7½

Tuesday's results
Miami 4 Minnesota 2
Milwaukee 9 Chicago Cubs 3
Washington 7 Arizona 5
Philadelphia at San Diego
San Francisco at L.A. Dodgers
Monday's results
San Diego 4 Philadelphia 3 (10)
L.A. Dodgers 3 San Francisco 1
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-6) at Miami (Koehler 1-5), 12:40 p.m.
Arizona (Miley 4-6) at Washington (Zimmermann 10-3), 7:05 p.m.
Chicago Cubs (Feldman 6-6) at Milwaukee (Gallardo 6-6), 8:10 p.m.
Philadelphia (Hamels 2-11) at San Diego (Erlin 1-0), 10:10 p.m.
San Francisco (Lincecum 4-7) at L.A. Dodgers (Kershaw 5-5), 10:10 p.m.

CFL

REGULAR SEASON

WEEK ONE
Thursday's game — All Times Eastern
Montreal at Winnipeg, 9 p.m.
Friday's games
Hamilton at Toronto, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's game
Saskatchewan at Edmonton, 3:30 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7)
CHICAGO (W1) VS. BOSTON (E4)
(Chicago wins series 4-2)
Monday's result
Chicago 3 Boston 2

CONN SMYTHE TROPHY WINNERS

Stanley Cup Playoff MVP
2013 — Patrick Kane, F, Chicago
2012 — Jonathan Quick, G, Los Angeles
2011 — Tim Thomas, G, Boston
2010 — Jonathan Toews, F, Chicago
2009 — Evgeni Malkin, F, Pittsburgh
2008 — Henrik Zetterberg, D, Detroit

PLAYOFF SCORING LEADERS

	G	A	Pt
Krejci, Bos	9	17	26
Kane, Chi	9	10	19
Horton, Bos	7	12	19
Lucic, Bos	7	12	19
Bickell, Chi	9	8	17
Sharp, Chi	10	6	16
Hossa, Chi	7	9	16
Malkin, Pgh	4	12	16
Letang, Pgh	3	13	16
Bergeron, Bos	9	6	15
Crosby, Pgh	7	8	15
Chara, Bos	3	12	15
Toews, Chi	3	11	14
Carter, LA	6	7	13
Voynov, LA	6	7	13
Marchand, Bos	4	9	13
Keith, Chi	2	11	13
Iginla, Pgh	4	8	12
Pavelski, SJ	4	8	12
Zetterberg, Det	4	8	12

SOCCER

MLS

Saturday's games — All Times Eastern
Real Salt Lake at Toronto, 1 p.m.
Dallas at Philadelphia, 5:30 p.m.
Colorado at Montreal, 7 p.m.
Vancouver at D.C., 7 p.m.
Columbus at Kansas City, 8:30 p.m.
New England at Chivas USA, 10:30 p.m.
Los Angeles at San Jose, 10:30 p.m.
Sunday's game
Houston at New York, 2 p.m.

JORDAN MANLEY PHOTO

ADVENTURE AWAITS ON WHISTLER MOUNTAIN

The brilliant sun shines down on us as we enjoy a delicious breakfast alongside the Whistler Village walkway. The energy in the Village is electric as mountain bikers, hikers, joggers and other outdoor enthusiasts grab their favorite coffee concoction and head out to explore a new adventure.

Off in the distance the PEAK 2 PEAK Gondola, our objective for the day, floats along at 436 metres above the valley floor. It holds the world record for the longest unsupported span of 3,024 meters and completes the longest continuous lift system on the globe. It will also leave you breathless with its 360 degree alpine views!

New this year, guests will be able to get up close and personal with the inner-workings of this engineering marvel via the PEAK 2 PEAK Viewing Gallery. This interactive raised walkway offers a birds-eye view of the gondola where guests can watch four different videos which showcase the construction of the gondola towers, cable installation, facts and statistics, and the history of Whistler Blackcomb.

This weekend is also the summer opening of the Peak Chair on Whistler Mountain giving sightseers easy access to the highest point on the mountain and awesome views of Garibaldi Provincial Park. Riding the Peak Chair also gives hikers easy access to the massive snow walls currently framing the hiking trails. These snow walls easily reach 15-20 feet and are a must-have photo op!

Before you head out on your hiking or sightseeing adventure, be sure to check out the brand new Samsung Alpine Theatre located on the first floor of the Roundhouse Lodge, which is 6,000 ft. above sea level. Every half hour there will be a 15-minute screening of visually stunning videos that touch on Whistler Blackcomb's history and illustrate how the PEAK 2 PEAK Gondola was constructed, providing guests with a glimpse of the alpine environment before actually getting outside and experiencing it for themselves.

Visit whistlerblackcomb.com for more information.

HIGH-END DINING

Adventure doesn't stop on the hiking trails. Experience the excitement of alpine dining every day of the week on the mountain with a variety of options guaranteed to "peak" your taste buds. Be sure to save room for some delicious Rocky Mountain Chocolate at the base of the Whistler Village Gondola — yum!

WHISTLER BLACKCOMB
PEAK 2 PEAK

It took prehistoric volcanoes, an ice age and some over-achieving engineers to get it right.

© Paul Morrison

The PEAK 2 PEAK Alpine Experience

As the longest and highest lift in the world, it is an engineering feat; but the most remarkable thing about the PEAK 2 PEAK Gondola is where it takes you. Step aboard for a 4.4 km journey between the top of Whistler and Blackcomb Mountains, and soak in 360 degree views of peaks and glaciers. Step off and you'll find yourself in a ruggedly-breathtaking environment a million years in the making. Lucky for you, scenic interpretive walks, a freshly prepared meal, and a cappuccino bar were also part of our evolutionary process.

ROOMS starting from | $94* PER NIGHT

whistlerblackcomb.com | 1.866.383.9586

*Starting from rate is per night based on 2 adults sharing a studio, from June 28 - July 31, 2013. Offer is subject to availability at time of booking and may change without notice. Taxes and fees are extra. Minimum night stays, blackout dates, weekends rates and/or other restrictions may apply.

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The 2014 Acura MDX

ALL PHOTOS WHEELBASEMEDIA.COM

Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce annoying road noises.

Acura claims the more aerodynamic body structure weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's $51,900 list price by at least a few thousand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops $67,900.

However the improved AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns (called torque vectoring). It certainly demonstrated its abilities by keeping the MDX on track while traversing Oregon's rain-soaked secondary roads.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

2014 Acura MDX

- **Type.** Four-door, all-wheel-drive sport utility vehicle
- **Engines (hp).** 3.5-litre DOHC V6 (290)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $51,900

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

The number of dash buttons drops to nine from a dizzying 41.

Compare

1 Infiniti JX
Base price: $47,000

2 Buick Enclave AWD
Base price: $46,100

3 Lincoln MKT
Base price: $50,800

DRIVE

Crash test facilities a credit to Canadians

Driving force. PMG's award-winning work is part of the reason why there are less and less fatalities on our roads

JIL MCINTOSH
drive@metronews.ca

Although there are more cars on the road each year, the fatality rate in collisions is consistently dropping. It isn't because drivers are getting better, but because vehicle safety is continually improving.

Part of the process is crash testing. Most of our crash data comes from U.S. government testing, but Transport Canada also maintains a Motor Vehicle Test and Research Centre, managed by PMG Technologies in Blainville, Quebec.

"We verify the compliance with Transport Canada safety standards," says Alain Bussières, president of PMG. "We need to ensure that occupants will be protected in the passenger compartment."

Facts

- **Airbags not mandatory.** Although the U.S. requires all new cars to have front airbags, they're not mandatory here. Instead, Transport Canada sets a front seat safety standard. Since airbags meet the standard, and they're putting them in cars for the U.S. anyway, that's what automakers use.
- **Seatbelt tests.** In addition to frontal crashes, PMG also tests seatbelts with a moving "sled," and uses platforms and ramps for rollover and side-impact crashes.
- **Precision.** Crash tests must be absolutely precise, since hitting even a few millimetres off the target, or at the wrong speed, can create inaccurate data.

A Chevrolet Volt after a rear end crash test at the PMG research centre.

A front crash test at the PMG research centre. BOTH PHOTOS JIL MCINTOSH

Vehicle standards between Canada and the U.S. are mostly harmonized, but there are a few regulations that differ, and PMG tests to ensure that the Canadian requirements are met.

Transport Canada also does random "spot checks" to ensure the crash safety of high-volume vehicles. They're purchased from dealerships, rather than directly from manufacturers, to make sure they're not specially prepped and are the same as a consumer would get.

PMG does more than just slam vehicles into each other. It also tests such things as seatbelts, roof strength, brakes, bumpers and child seats. "If there is a failure, a report will be issued to Transport Canada," Bussières says. In some cases, this could lead to the manufacturer having to issue a recall.

In addition to government testing, PMG is available as a third-party facility for automobile and component manufacturers.

While many companies have their own test facilities, they may not have some of the higher-tech equipment.

A sophisticated crash-test dummy for measuring side impacts can cost between $300,000 and $500,000, with a few as high as $1 million. This is the type of equipment that only very large automakers or government agencies may have, Bussières says.

PMG also tests more than just crashworthiness. Special chambers can freeze vehicles to -55C or heat to 85C, while its 25 km of outside test track contains numerous surfaces to check performance, handling and braking.

The facility can even handle buses, trains and airplanes and both the Vehicle Test Centre and PMG have won numerous international awards for test quality.

Quoted

"We need to ensure that occupants are protected in the passenger compartment."
Alain Bussières, president of PMG

Auto news in brief

Images of Fiat's family 500L available

Fiat has shown the first images of its new family car called the 500L Living. Despite being saloon-car-sized it has an additional third row of seats, making it the smallest seven-seater MPV on the market. It also has a large 638-litre trunk. The car will go sale in the autumn with a choice of two petrol and two diesel engines.

Toyota takes their basics to Twitter

Toyota has found a new use for social network service Twitter. It's been documenting the production of its cars live on Twitter. The Factory to Forecourt initiative sees hundreds of tweets explain the production process for people interested in how cars get made. The tweets include images, video clips and interviews with the workforce. @ToyotaFactory

Hydrogen-powered cars' Danish debut

The first assembly line produced hydrogen-powered cars have been introduced in Copenhagen. The city is using the Hyundai ix35 Fuel Cell cars as part of a move toward becoming carbon neutral by 2025. The ix35 Fuel Cell is driven by a 136PS electric motor and can reach a maximum speed of 160 km/h. It has two hydrogen tanks which give the car a 594 km range and it only emits water vapour.

Porsche marks milestone with special edition

To celebrate the 50th anniversary of the 911, Porsche has introduced a special edition of its iconic sportscar. Just 1,963 examples of the 50 Years Edition will be built and it features bespoke chrome trim and five-spoke cast alloy wheels inspired by the so-called "Fuchs" wheels of the original 911. Each car has a "911 50" badge at the rear and leather seats designed with a Pepita tartan design from the '60s.

Renault shows off concept car Twingo

Renault showed its forthcoming Twingo model as a motorsport concept called Twin'Run at the Monaco grand prix. The concept is powered by a mid-engine 325PS V6 engine, which drives the car to 100 km/h from standstill in 4.5 seconds and on to a top speed of 250 km/h. It is rumoured the production Twingo will have a rear-engine and rear-drive layout when it goes on sale in 2014. METRO

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385/$26,600 for a new 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 1.9%/2.9% APR for 84 months equals 182 bi-weekly payments of $97/$162. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $1,127/$2,824 for a total obligation of $17,512/$29,424. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Offers end July 2, 2013 and are subject to change or cancellation without notice. Models shown: 2013 Jetta 2.5L Highline / Tiguan 2.0T Highline R-Line, with options and accessories, $25,985/$42,985. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

Exhibit A in search for true Canadian car

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task

AUTO PILOT
Mike Goetz
drive@metronews.ca

Old and the new side by side. BOTH PHOTOS MIKE GOETZ

An array of vehicles, new and old, were on show at the exhibit.

What makes a car Canadian?

A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010.

I only saw it for the first time last month. If you haven't been, you should go. About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or "Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it. Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions. "Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit were sourced from the museum's permanent collection. She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there, in the way Ferrari says Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc. We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing … that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S, and has been almost from the beginning." She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources. The Auto Pact (enacted in 1965) made the Canada-U.S industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them house hold names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.

Tagged in the wrong photos this long weekend?
We'll have plenty of new job postings come Tuesday.

Search more than 6,000 new job postings every week.

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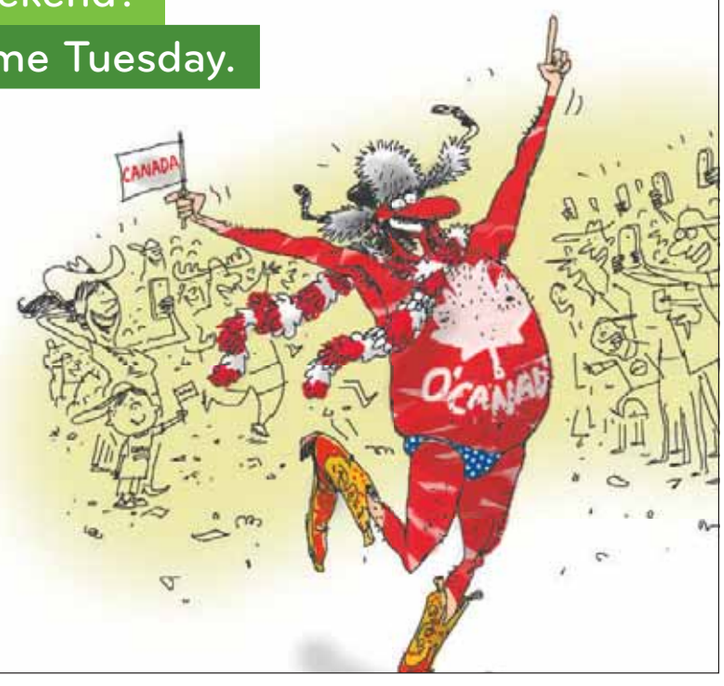

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"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

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Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See dealer for additional EnerGuide details. Wise customers read the fine print: •, *, ^, ‡, § The Journey Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after June 1, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595–$1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. •$19,998 Purchase Price applies to the new 2013 Dodge Journey Canada Value Package (22F+CLE) only and includes $2,000 Consumer Cash Discount. *Consumer Cash Discounts are offered on select new 2013 vehicles and are deducted from the negotiated price before taxes. ‡Ultimate Journey Package Discounts available at participating dealers on the purchase of a new 2013 Dodge Journey SXT with Ultimate Journey Package (RTKH52396/JCDP4928K). Discount consists of: (i) $2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) $625 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your dealer for complete details. ‡3.99% purchase financing for up to 96 months available on the new 2013 Dodge Journey Ultimate Journey Package model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Example: 2013 Dodge Journey Ultimate Journey Package with a Purchase Price of $26,498 (including applicable Consumer Cash Discounts and Ultimate Bonus Cash discounts) financed at 3.99% over 96 months with $0 down payment equals 208 bi-weekly payments of $149 with a cost of borrowing of $4,474 and a total obligation of $30,972. §2013 Dodge Journey R/T shown. Price including applicable Consumer Cash Discount: $31,640. ◆Based on R. L. Polk Canada Inc. sales data. Calendar year to date retail vehicle registrations. ^Based on 2013 *Ward's* Middle Cross Utility segmentation. ○Based on 2013 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. 2013 Dodge Journey SE 2.4 L 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.**

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A new car? ... All in (less than) a day's work

Autoknow. From start to finish each car at the impressive General Motors of Canada plant takes just 22 hours and they can make up to 750 vehicles per day

JOE KNYCHA
wheelbasemedia.com

One of the plant's models receives a spray job on its short journey to being completed.

The Oshawa plant builds six different car models. ALL IMAGES WHEELBASE

You're driving around in your new 2014 Chevrolet Impala, groaning about the traffic, the misty weather and wondering about whether you forgot to pack the power cord for your laptop.

But what about the miracle of the automobile, and how it came to be that this new Impala ended up on the road under you?

A team had to design the look, engineers had to sort out the powertrains and supporting systems, others had to make the parts look pretty and shiny and another other person, or team, had to make it work so seamlessly that you never give its operation a second thought. And then someone has to build 750 of them every day.

The first thing to tip off a visitor that the sprawling General Motors of Canada Oshawa Assembly Plant isn't your average production line is the almost eerie silence of the place.

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line, making it one of North America's most efficient state-of-the-art automobile production plants.

It is capable of building a variety of vehicles to an array of trim and equipment levels all at one time, in any combination.

As visitors strictly adhere to safety paths throughout the near nine million square foot (840,000 square metre) facility, an unending progression of four different GM vehicles moves slowly but steadily in various stages of build and finish, gliding nearly silently on automated dollies, along moving floors and overhead on elevated lines.

Plant launch operations manager Ted Lang explains how engines, alternators, compressors and electronic and other components all come together to comprise, in the end, either a Chevrolet Camaro (in coupe, and convertible trims), Buick Regal, new Chevrolet Impala or Cadillac XTS. Each one, he notes, represents a customer's order, and each must exactly match its order sheet.

The deafening din, incessant clanging of heavy metal and flashing hellfire that one might expect from an industrial complex that pumps out 750 vehicles a day (jumping to 1,000 with a third shift coming online this spring) simply isn't there.

A mild background hum is about as wild as it gets, interspersed by the whine of pneumatic wrenches as line workers at height-adjustable stations systematically install the guts and gears of each vehicle in well-lit, shirtsleeve conditions.

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

About 3,300 people will call Oshawa Assembly their workplace when a third shift comes on line in May, says Lang. They'll be making vehicles bound for not only the United States and Canada, but also the Middle East, Europe and China.

Wheel-and-tire packages are ready to go for the cars that drift by on the line.

Flexibility means rapid adaptability, Lang adds, saying that a flexible manufacturing line enables the plant to switch quickly to meet customer and vehicle market changes, and to produce a multitude of vehicle models and platforms, all on the same assembly line.

The complex also boasts a leading-edge vehicle paint facility that set a new standard for Canadian automotive plant paint-shop-emission reductions, he said, reducing volatile organic compound (VOC) emissions by 50 per cent per vehicle.

From start to finish, each vehicle takes less than a day — about 22 hours, start to finish — to complete.

The logistics involved in achieving the capacity to smoothly build 1,000 differently-equipped cars each day requires not just a dedicated workforce, says Lang, but also computer-aided assistance at every step and no end of just-in-time delivery of every part required, getting them in place at each individual station along the line without interruption.

Quality checks are performed frequently throughout the entire process, he said.

If a vehicle is found to have a problem or doesn't exactly meet the customer's specific order, it is removed from the line for correction without affecting the progress of the other vehicles, then re-inserted when the issue has been addressed.

Meanwhile, GM's nearby Consolidated Assembly Line produces the Chevrolet Equinox tall wagon and the last-generation Impala, which will continue to be sold to fleet markets in the United States.

Lang and his colleagues throughout the plant demonstrate a sense of pride in their high-tech, efficient and state-of-the-art plant, and in the vehicles that it produces.

They just don't make a lot of noise about it.

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When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

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PRIMARY RESPONSIBILITIES:

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- Sell a portfolio of Metro branded products

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- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 12, 2013.
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All submissions will be treated as confidential.

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604-736-7411	604-639-3300	604-984-9351	604-278-7662	604-581-7662
#6276	#6278	#6277	#6279	#11013

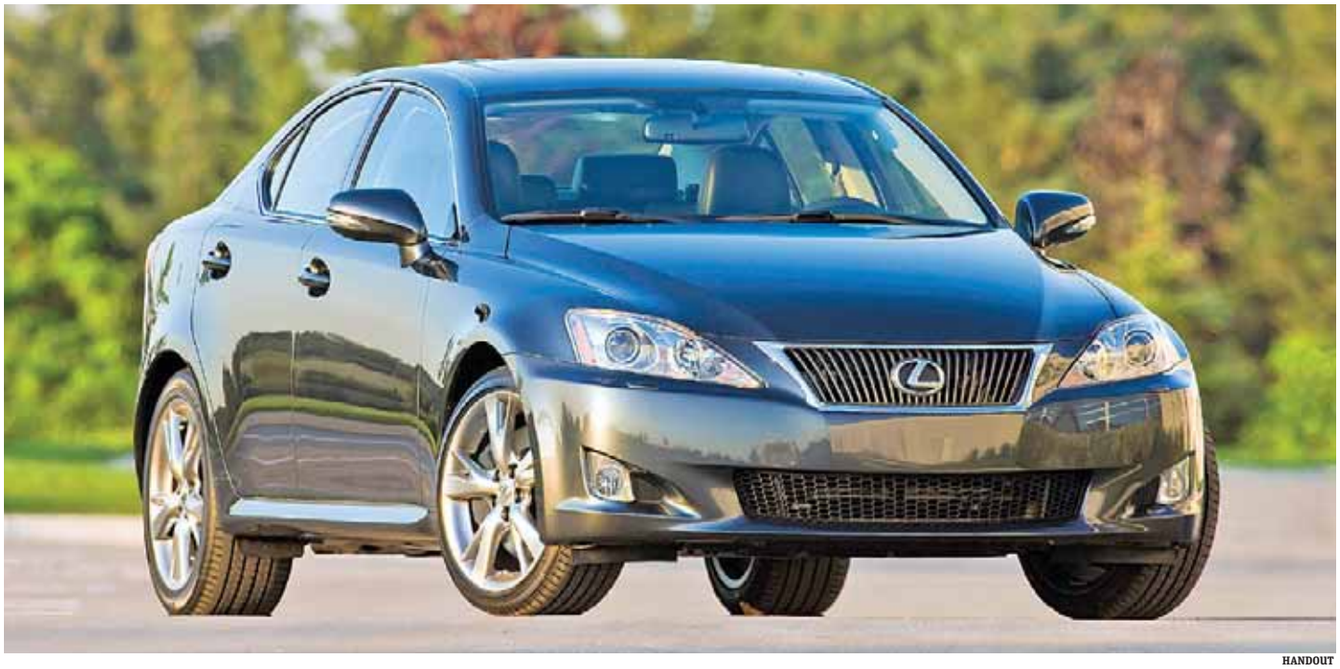
© 2013 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is the smart fortwo passion cabriolet with optional equipment at an extra cost. [1]Total price is based on a smart fortwo passion cabriolet, National MSRP of $20,500. Total price of $22,560 include charges of $2,010, consisting of freight/PDI of $1,395, dealer admin fee of $495, air-conditioning levy of $100, PPSA up to $50.48 and a $20.00 fee covering ENF tires, filters and batteries (taxes are extra). [2]Lease offer based on a new 2013 smart fortwo passion cabriolet available only through Mercedes-Benz Financial Services on approved credit, for a limited time. Lease example is based on a 36-month term and a lease APR of 1.9%. Monthly payment is $206 (excluding taxes) with 12,000 km/year allowance ($0.20/km for excess kilometers applies). Due on delivery is down payment, plus first month payment (plus taxes), and security deposit, for a total of $2,750. Total obligation is $9,656. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offer ends June 30, 2013.

Look for low mileage on luxury Lexus IS

Second gear.
2006-2013 Lexus IS

JUSTIN PRITCHARD
drive@metronews.ca

Available with two engines, rear or all-wheel drive and a host of premium features and packages, the last-generation Lexus IS was designed to give comparable compact sedan models from BMW and Mercedes-Benz a run for their money. Feature content included available climate-controlled seats, navigation, a Mark Levinson stereo system, push-button start, Bluetooth, a sunroof and xenon lights. This hotly-selling model largely hit the mark where quality, performance and refinement were concerned.



HANDOUT

Common issues

Some inconclusive reports of high oil consumption, particularly with the 3.5 litre engine, have surfaced online. Though the cause is vague, shoppers are advised to check the oil level and condition in the model they're driving.
A check-engine light, possibly accompanied by poor performance or "stuttering" from the engine, is likely the result of a bad engine control sensor. Ensure both remote key fobs work properly, and ensure the IS starts up quickly and strongly.
A dying battery may affect the push-button start system, or the IS's ability to stay running. Because of a recurring carbon buildup issue on the 2.5 litre V6, opting for a model with the 3.5 litre engine is advised.

What owners dislike

Common gripe-points include limited headroom and rear-seat room, the requirement to use premium fuel, a dated interior design and dated navigation system.

What owners like

Tight handling and steering, plenty of power from the big V6, and the available AWD traction were among the most commonly-praised attributes of the last-generation IS. Interior quality is also very highly rated, as is the up-level stereo system.

Engine

Look for a 2.5 litre V6 with just more than 200 horsepower and a 3.5 litre V6 with just more than 300 in the IS250 and IS350, respectively. All Wheel Drive (AWD) could be had with either powerplant depending on the year, and rear-wheel drive was standard.

The verdict

Your best bet in a used IS is likely an IS 350 with lower mileage that's been subjected to a going-over by a Lexus mechanic.

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Horoscopes

♈ Aries
March 21 - April 20
There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

♉ Taurus
April 21 - May 21
Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

♊ Gemini
May 22 - June 21
You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

♋ Cancer
June 22 - July 23
The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

♌ Leo
July 24 - Aug. 23
Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

♎ Libra
Sept. 24 - Oct. 23
You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

♏ Scorpio
Oct. 24 - Nov. 22
What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

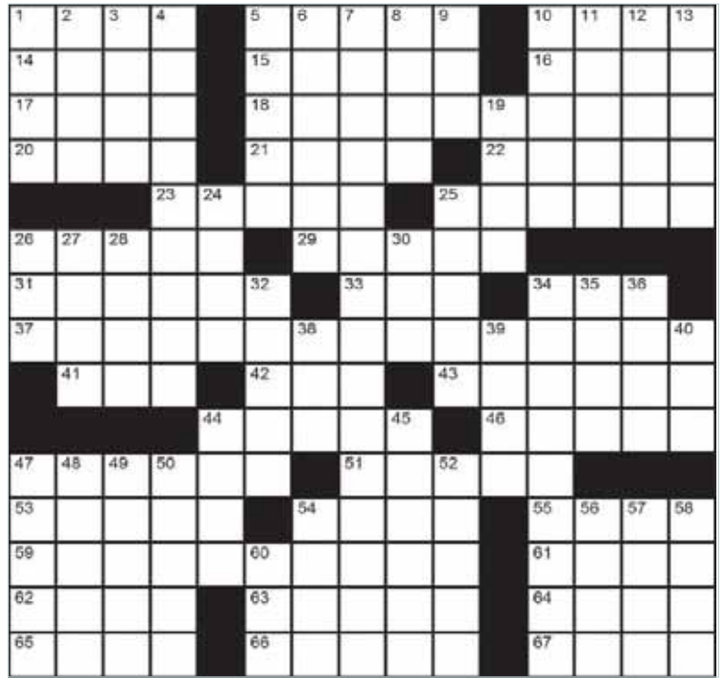
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

♓ Pisces
Feb. 20 - March 20
You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

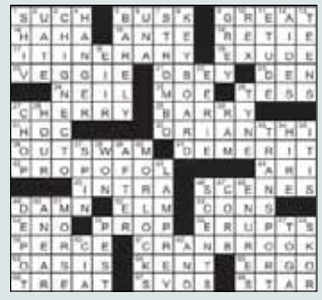
BY KELLY ANN BUCHANAN



Across
1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been _ __ pleasure..."
16. Seasoned stew, __ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", __ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need
59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister William __ Mackenzie King (b.1874 - d.1950)

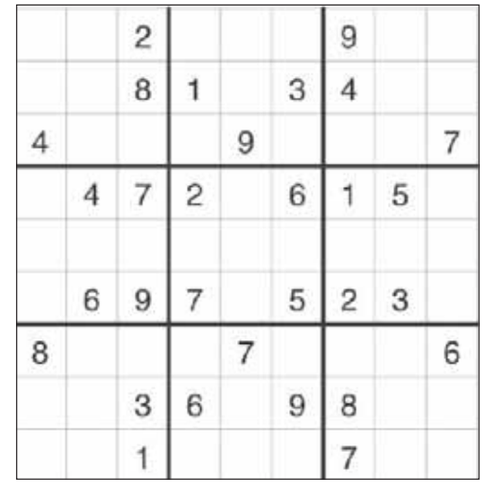
Down
1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The __ Tale
5. Less dangerous
6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-stay-behind words
12. Watchful
13. Puts a charge card to full use, __ out
19. Orbital period
24. Envelope insertion [abbr.]
25. Shakespearean tragedy, __ Andronicus
26. Elizabeth Taylor
27. 'Trick' suffix
28. Shawl, for one
30. Play-__
32. Novel's name
34. Manitoba town founded in 1878
35. "__! _ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The __ League
48. Reflection
49. Woman's short hairstyle, __ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	9	1	4	7	8	6	2
1	7	2	6	8	3	4	9	5
4	8	6	5	9	2	7	3	1
9	2	5	7	6	4	1	8	3
3	4	7	2	1	8	9	5	6
8	6	1	3	5	9	2	4	7
6	1	4	9	7	5	3	2	8
2	5	8	4	3	1	6	7	9
7	9	3	8	2	6	5	1	4

Today
18°/14°
Showers
80%

Thursday
20°/16°
Variable

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NO MONEY DOWN

2013 ELANTRA L

INCLUDES: 6 AIRBAGS • iPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

Limited model shown

3.8L GT model shown

2013 GENESIS COUPE

INCLUDES: 2.0T I4 CVVT DOHC ENGINE • AIR CONDITIONING W/AUTOMATIC CLIMATE CONTROL • 18" ALLOW WHEELS • iPOD®/USB/AUXILIARY INPUT • SIRIUS XM™ RADIOWITH BLUETOOTH® HANDS FREE PHONE SYSTEM

HWY: 6.6L/100 KM
CITY: 10.0L/100 KM▼

OWN IT FOR $135 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS SELLING PRICE: $28,064♦ GENESIS COUPE 2.0T 6-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

NO MONEY DOWN

OWN IT FOR $99 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS SELLING PRICE: $20,594♦ VELOSTER 6-SPEED MANUAL. DELIVERY, DESTINATION & $600 IN PRICE ADJUSTMENTSΩ INCLUDED. INCLUDES $600 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

2013 VELOSTER

INCLUDES: 7" TOUCHSCREEN MULTIMEDIA SYSTEM WITH REARVIEW CAMERA • REAR PARKING ASSIST SYSTEM • HEATED FRONT SEATS • 3RD DOOR FOR PASSENGER ACCESS • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

2012 BEST NEW DESIGN
2012 BEST NEW SPORTS/ PERFORMANCE CAR (UNDER $50K)

Tech. model shown

Limited model shown

2013 TUCSON L

INCLUDES: AIR CONDITIONING • EZ LANE CHANGE ASSIST • DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST • REAR SPOILER • iPOD®/USB/MP3 AUXILIARY INPUT JACKS

HWY: 7.7L/100 KM
CITY: 10.4L/100 KM▼

OWN IT FOR $99 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS SELLING PRICE: $20,509♦ TUCSON L 5-SPEED MANUAL. $1,250 PRICE ADJUSTMENTΩ, DELIVERY & DESTINATION INCLUDED. INCLUDES $1,250 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

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5-year/100,000 km Emission Warranty

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D#6700

OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

Jim Pattison Hyundai Port Coquitlam
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Port Coquitlam, 604-552-1700
D#30242

Langley Hyundai
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North Surrey, 604-582-8118
D#10977

Murray Hyundai White Rock
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Surrey, 604-538-7022
D#30780

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23213 Lougheed Highway
Maple Ridge, 604-467-3401
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